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HAPPY HÉLÈNE DAY!

ON FRIDAY, OTTAWA WILL HONOUR YOUNG LUNG-TRANSPLANT HOPEFUL WHO HAS CAPTURED THE HEARTS OF AN ENTIRE COMMUNITY

PAGE 3



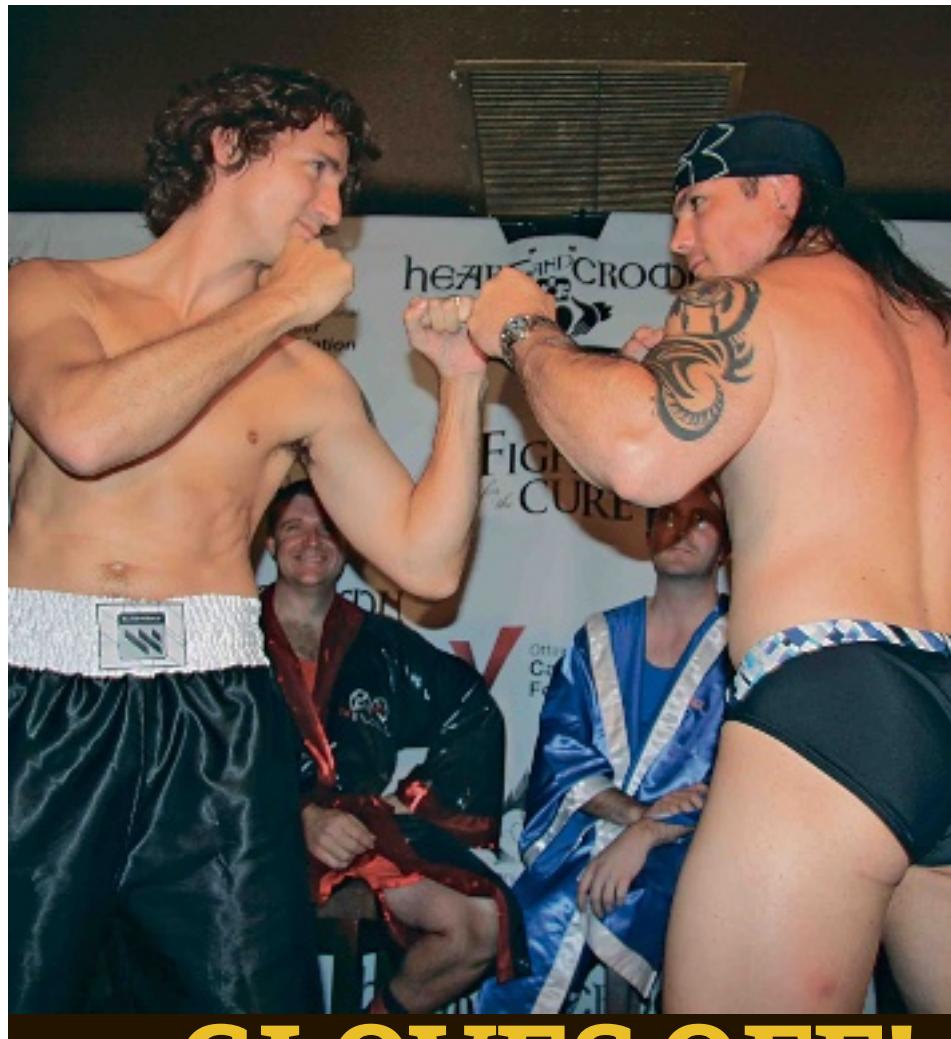
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Thursday, March 29, 2012



GLOVES OFF!

MP Justin Trudeau and Sen. Patrick Brazeau face off at their weigh-in at the Dubliner pub. Trudeau tipped the scales at 180 pounds and Brazeau at 183. The pair will box in the Fight for the Cure charity bout at the Hampton Inn on Saturday. For more on the politicians, the match and young people in politics, see pages 10-11. GIOVANNI/FOR METRO

Public workers bracing for hard times

Federal budget. The government tables its budget today, and public servants complain they've been kept in the dark about job cuts

 STEVE COLLINS
ottawa@metronews.ca

Canada's largest public-sector union is bracing for a harsh budget today.

What you don't know about Juno

Winning is great, but for Natalie Lepage and her band, Capital Sound, it doesn't pay the rent

PAGE 4

"We are expecting significant austerity measures from this government and we think it's going to hurt services," said Patty Ducharme, executive vice-president of the Public Service Alliance of Canada.

The Canadian Press reported on Wednesday leaked information from Conservative sources saying the budget will contain \$7 billion in cuts, but Ducharme said it's hard to know the real numbers because the budget process has been so secretive.

"We normally have

some sense of what's going into the budget," she said. "There's normally departmental consultation that's much more transparent than what has taken place to date."

Because so much of the public service is located here, she said, layoffs will be keenly felt in Ottawa, and not just by those who lose their jobs.

"Small corner stores and coffee shops that are close to high-density areas of federal public services could see a drop in their business," she said.

All white or floral bright?

You decide. From London to Paris to Milan, women are tossing away the fashion magazines and springing into the season with what looks good on them

Move over, Sens

Canada's best, toughest rugby teams will be coming to Ottawa in August, as they prepare to qualify for the 2016 Summer Olympics in Rio de Janeiro

PAGE 6

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How to Get the Price

OTTAWA — When you decide to sell your home, setting your asking price is one of the most important decisions you will ever make. Depending on how a buyer is made aware of your home, price is often the first thing he or she sees, and many homes are discarded by prospective buyers as not being in the appropriate price range before they're even given a chance of a

showing. Your asking price is often your home's "first impression", and if you want to realize the most money you can for your home, it's imperative that you make a good first impression. This is not as easy as it sounds, and pricing strategy should not be taken lightly. Pricing too high can be as costly to a homeseller as pricing too low. Taking a look at what homes in your

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neighbourhood have sold for is only a small part of the process, and on its own is not nearly enough to help you make the best decision. A recent study, which compiles 10 years of industry research, has resulted in a new special report entitled "Pricing Your Home: How to Get the Price You Want (and Need)". This FREE report will help you understand pricing strategy

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City to proclaim Hélène Campbell Day in Ottawa

Young woman recognized. All eyes will be on Hélène Campbell Friday when she appears at city hall via Skype

 JOE LOFARO
joe.lofar@metronews.ca

As the Torch of Life rolls into Marion Dewar Plaza Friday,

the city will officially proclaim Hélène Campbell Day in Ottawa.

The Barrhaven woman has made waves online for her organ-donation awareness campaign as she waits in Toronto to receive a double-lung transplant.

A family friend spearheaded the idea, which caught the city's attention. Coun. Doug Thompson is to make the proclamation on behalf of Mayor Jim Watson.

Campbell's mom, Manon Roy Campbell, said she is both honoured and humbled by the news.

"It's just a confirmation for us and for Hélène in terms of her care and concern for the cause that she's been wanting to support," said Roy Campbell from Toronto.

"We feel very moved by the decision."

The Torch of Life relay is a cross-Ontario run to increase awareness of organ and tissue donation.



Manon Roy Campbell, left, and her daughter, Hélène, are pictured in December before they moved to Toronto. JOE LOFARO/METRO FILE



A rockin' good start to the Juno celebration in Ottawa

Manotick-based Juno nominees Hollerado help kick off Juno Week in Ottawa Wednesday inside the NAC. Representatives from the City of Ottawa, the National Capital Commission and the Canadian Academy of Recording Arts and Sciences hosted the event in front of a crowd of about 100 guests. Hollerado lead singer Menno Versteeg said it was an honour to be asked to perform. "It's really neat to be asked, because it's not really, as you can see, our usual environment," said Versteeg. "That part of it was really fun." JOE LOFARO/METRO



NEWS

Mobile news



Wondering how to dispose of your phone? Just ask it. Cities across the country are using smartphone apps to ease the process of tech recycling. Scan the code for the story.

On the web

Lunch is for disco dancing

Some workers in Sweden have found an offbeat way to spend their lunch hour. Actually, on-beat is more like it. Disco lights, sweaty bodies and pulsating beats are all on the menu during the lunch-time dance parties that started in Stockholm and are spreading across Europe. Watch at metronews.ca/video

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Her Juno joy: 'I felt I was floating,' says Ottawa's Natalie Lepage

Words of caution. But glow doesn't last, so think long-term and keep your head, she advises young artists thirsting after fame

GRAHAM
LANKTREE
graham.lanktree@metronews.ca

Winning a Juno Award is fantastic, but it doesn't pave a smooth road to long-lasting success and fame, says Natalie Lepage.

Lepage is an Ottawa musician whose band, Capital Sound, took best dance recording in 1995 for the track Higher Love.

"Winning it didn't mean ... we were going to be on top forever," said Lepage, a manager at Le Château in the Rideau Centre.

When young artists win, she added, it's easy for them to lose perspective.

"For me, it was so quick how we found success. We were singing in restaurants two months after I joined the band and then all of a sudden our songs were playing on the radio."

Lepage said young artists need to believe in themselves and make sure they have a good group of friends and relatives around them.

"Enjoy the moment, but keep your head. And join a group like the Society of Composers, Authors and Music Publishers of Canada, which makes sure you're compensated for public performance of your music."

Still, Lepage said she will never forget what it was like to win.

"I screamed as loud as I could," she said. "I felt like I was floating to the stage to accept the award with the wind behind me."

The Junos are headed to Ottawa this weekend.

You can watch Lepage's music video at youtube.com/watch?v=jT4ppcqN3Cw.



Natalie Lepage shows off the Juno Award she won with her band, Capital Sound. GRAHAM LANKTREE/METRO



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Transit spending. Mayor proposes compromise on downtown LRT changes

Mayor Jim Watson said he doesn't want precious transit dollars spent on a new downtown LRT station, but the city may compromise by building a pedestrian tunnel instead.

A motion passed at Wednesday's council meeting by Coun. Diane Deans' calls for a "weather-protected connection" to link riders from the Downtown-East LRT station to the National Arts Centre.

Deans also introduced a motion to start a feasibility study to look at moving Downtown-East farther east, closer to Elgin Street.

The motion comes after Lord Elgin Hotel owner Jeff Gillin wrote a letter to city councillors in which he offered \$2

million over 10 years for an LRT station closer to his hotel and the Chateau Laurier.

Watson said he opposes that proposal because it would put the LRT project over budget.

"Delays mean more costs and it's not in our interests to keep delaying this project," said Watson.

The NAC is expected to work with the Gillin family to solicit more partners to secure funding for the tunnel.

After meeting with the Gillin family and members of the NAC Tuesday night, Deans said everyone was in agreement that moving the Downtown-East station farther east would be in everyone's interests.

JOE LOFARO/METRO



An aerial view of the proposed Downtown-East LRT Station. CONTRIBUTED

Hoax

Fake messages cost hours of police time

The OPP's east region crime unit is investigating fake text messages received across the area.

Several people have received messages on their cellphones indicating that somebody has been murdered. All the messages have been confirmed as hoaxes but at the cost of hours of police time.

STEVE COLLINS/FOR METRO

Accident

Woman in stable condition after being hit by SUV

An 89-year-old woman suffered head and leg injuries after being hit by an SUV at 9:27 a.m. Wednesday near Smyth Road and Dauphin Street.

She was conscious when paramedics arrived to treat her and is in stable condition in hospital. Police are investigating.

STEVE COLLINS/FOR METRO



Canada's men's rugby team takes the ball during the Hong Kong Sevens tournament. Ian Muir/CONTRIBUTED

Rugby coming to stadium near you

Olympic ambitions.
Canada going up against U.S., Caribbean countries in August

GRAHAM LANKTREE
graham.lanktree@metronews.ca

Canadian teams with a shot at playing in the 2016 Summer Olympics in Rio de Janeiro will be showing their skills in Ottawa this August.

It's been 88 years since rugby was last played in the Olympics, but it's making a

comeback. Canadian men's and women's teams will face U.S. and Caribbean countries Aug. 25 and 26 at the Twin Elms Rugby Park in Ottawa's west end, Rugby Canada announced yesterday.

Match winners will go to the Olympic qualifiers at the Rugby Sevens World Cup in Moscow next year.

"Canada's women's team has a good chance at winning the Olympics. They've beaten every other top country, including world champ Wales," said Rugby Canada CEO Graham Brown. "So we're very excited about these games

coming to Ottawa."

Ottawa has been a big rugby supporter due to its large ex-pat community, said Al Charron, a member of the Ottawa Irish Rugby Club who has played in four Rugby World Cups.

"I didn't know what rugby was before playing for Hillcrest High School," Charron added. "It seems to be growing every year in the city since people are watching it on the Internet and satellite TV."

One player to watch out for on the Canadian men's team is 20-year-old Taylor Paris, who has unbelievable

speed, said Charron. It will be a key element in going up against teams from Cuba, Bermuda, and Trinidad and Tabago in the seven-minute, seven-player matches.

"Seven-player games take a lot more offence and are easier to follow than traditional 15-player games," Charron said. "There's lots more running and it plays a lot like hockey."

Still, the women's team is the one to watch, he said. "They're ranked fourth in the world," said Brown. "They're quite fast and they're going to be looking to make a mark."



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Canada could be lost in space: Industry



While installing Canadarm2 on the International Space Station, Canadian astronaut Chris Hadfield peers into the crew cabin of the Space Shuttle Endeavour. NASA

Traffic-light study. Research takes student to national science fair

Joana Alhegagi's research on Ottawa traffic lights has green-lighted her way to this year's Canada-Wide Science Fair in Charlottetown.

"I'm actually really excited to go because I haven't been anywhere in that part of Canada," said Alhegagi, a Grade 8 student at Henry Munro Middle School.

She was among some 250 area students who displayed their projects at Carleton University Saturday for the 51st annual Ottawa Regional Science Fair, and one of 11 finalists selected to progress to the national event in May.

"It was a lot of fun because I liked talking to the



Science-fair winner Joana Alhegagi, 14. STEVE COLLINS/FOR METRO

judges," she said. "They were really nice and they

gave you a lot of pointers and they seemed really interested in my project."

For that project, Alhegagi did a study of local traffic lights.

"I was testing to see if the amount of time that we have for yellow traffic lights is enough for drivers to make safe decisions," she said.

In the intersections she studied the yellow light typically lasted 3.6 seconds, and according to physics formulas she used that's not enough time to safely decide whether to brake or go ahead.

She recommends extending yellow lights by another couple of seconds.

STEVE COLLINS/FOR METRO

No plan. Without government support, industry players fear Canada could be going nowhere fast



GRAHAM
LANKTREE

graham.lanktree@metronews.ca

Canada has a long way to go if it wants to continue being a player in space, said members of Canada's commercial space industry in Ottawa Wednesday.

"You're only as good as the plan you make," said Kevin Shortt, president of the Canadian Space Society and presenter at the Canadian Space Commerce Association Nation-

al Conference. "The last thing that remotely resembled a Canadian space strategy came out in 2003."

In December, China announced ambitious plans that would take a manned mission to the moon and establish orbiting laboratories and a space station. And the European Union has earmarked 1.4 billion euros to develop new space-born telescope and transportation technologies.

"Such plans do not exist in Canada," said Shortt. "The government has fallen flat. There has never been a leader that said, 'Let's work to explore space.' Without that leadership profile, there's no direction for the industry."

At the moment, the government has launched a series of

internal reviews, audits and reorganizations at the Canadian Space Agency (CSA) set for completion in 2013, leaving any plans for a long-term strategy on the shelf.

"Critical research and development is done through the CSA," Shortt said. "This puts the space industry in an awkward position because they don't know where to invest."

One of the biggest roles the CSA plays in the industry is to be the first customer for new technologies, said Ron Holdway, VP of government relations at Ottawa-based space-technology developer Com Dev.

"When we go out to sell to the world," said Holdway, "it's hard to sell to foreign governments if your own won't buy your technology."



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Losing it in the air

A quick look at infamous flyers

JetBlue is reviewing its mental-health checks for pilots after Capt. Clayton Osbon went berserk at New York's JFK airport on Tuesday. Planes can have a funny effect on people, so we looked at some of the other worst-ever flyers.

Gerard Depardieu

The renowned French actor caused trouble on a Paris-Dublin flight last summer. As the plane was about to takeoff, Depardieu was denied entry to the toilets and so used a water bottle instead. Depardieu was escorted off the flight but explained the incident by saying, "I am an elephant."

RIM executives

George Campbell and Paul Alexander Wilson were

high-ranking officials with the BlackBerry maker, but had to be tied up after drunken swearing and violence on a December flight. The executives then attempted to chew through the restraints.

Naomi Campbell

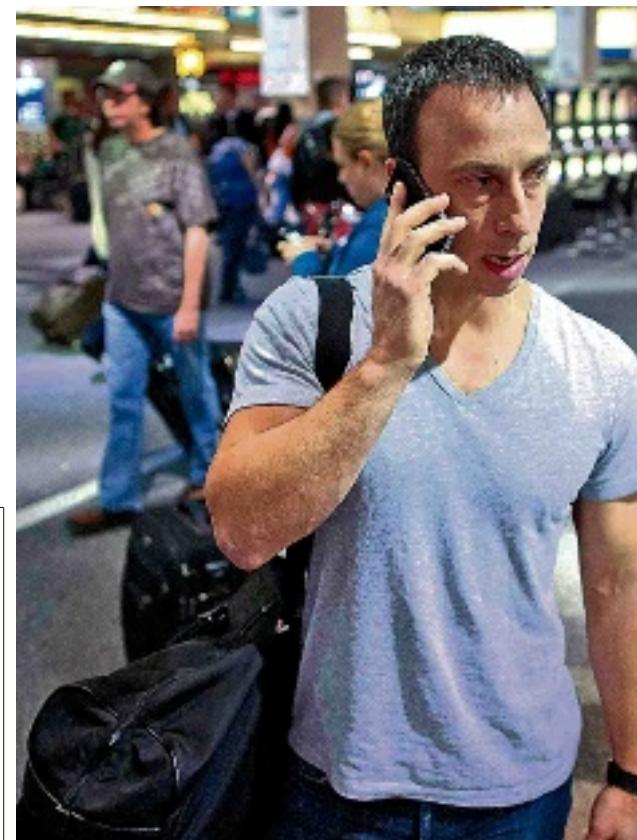
The supermodel subjected airport staff to a barrage of abuse after finding her bags had not been loaded at Heathrow in 2008. Police were called but Campbell

kicked and spat at them, accusing them of prejudice because she was "black and famous." She received 200 hours of community service.

Alec Baldwin

Another actor with flight issues. The 30 Rock star was kicked off an American Airlines flight last year after refusing to stop playing Words With Friends on his cellphone.

KIERON MONKS/METRO WORLD NEWS



Tony Antolino of Rye, N.Y., was one of four passengers who tackled and restrained the captain. JULIE JACOBSON/THE ASSOCIATED PRESS

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Pilot charged in midair incident

JetBlue airline.
Captain's bizarre behaviour forces passengers to act

A JetBlue Airways captain who sprinted through the cabin of a Las Vegas-bound flight screaming about terrorists, Jesus and Sept. 11 was charged Wednesday with interfering with a flight crew, federal authorities said.

Capt. Clayton Osbon told his co-pilot that "things just don't matter" shortly after JetBlue Flight 191 from New York departed Tuesday, according to an affidavit. Osbon, who was ultimately tackled by passengers while the plane made an emergency landing in Texas, told his co-pilot that "we're not going to Vegas" and began what was described as a sermon, the court documents said.

"The (first officer) became really worried when Osbon said, 'We need to take a leap of faith,'" according to the sworn affidavit given by an FBI agent. "Osbon started trying to correlate completely unrelated numbers like different radio frequencies, and he talked about sins in Las Vegas."

Osbon left the cockpit soon after and tensions on the plane began to escalate, according to witness accounts compiled by investigators. Osbon, described by neighbours in Georgia as tall and muscular, "aggressively" grabbed the hands of a flight attend-

ant who confronted him and later sprinted down the cabin while being chased.

"Nobody knew what to do because he is the captain of the plane," said passenger Don Davis. "You're not just going to jump up and attack the captain."

But four men did just that, using seatbelt extenders and zip-tie handcuffs to restrain and pin Osbon to the floor for more than 20 minutes while the co-pilot and an off-duty pilot who was aboard landed the plane in Amarillo, Texas.

Breakdown

"Clearly, he had an emotional or mental type of breakdown."

Tony Antolino
A security executive who tackled the pilot

The charges against Osbon, 49, were filed in Texas. He was being held Wednesday at Northwest Texas Healthcare System in Amarillo and remains under a medical evaluation.

Under federal law, a conviction for interference with a flight crew or attendants can bring up to 20 years in prison. The offence is defined as assaulting or intimidating the crew, interfering with its duties or diminishing its ability to operate the plane.

JetBlue spokeswoman Alison Steinberg said earlier Wednesday that Osbon had been suspended pending a review of the flight.

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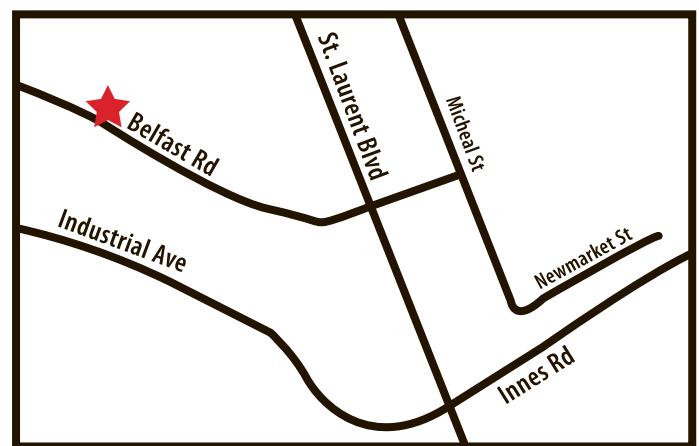
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Two of Canada's younger federal politicians are grabbing attention and raising money for the Ottawa Regional Cancer Foundation by trading their metaphorical political jabs for literal ones in a boxing ring this weekend. But with young people staying away from voting in droves, Metro decided to ask them and the NDP's youngest leadership contender if they have any ideas about how to hold the public's attention and attract more youth to politics.

METRO OTTAWA

Young politicos duke it out for youth engagement



Conservative Sen. Patrick Brazeau flexes his muscles outside Parliament in Ottawa. SEAN MCKIBBON/METRO

Young Tory senator fights in ring, on Twitter. There should be more young people in the Senate: Patrick Brazeau

Patrick Brazeau doesn't look like your archetypal senator — especially in his Twitter profile pic, showing off his generous, tattooed muscles.

Brazeau, 37, hails from Kitigan Zibi First Nation in Quebec, served in the Canadian Forces and was chief of the Congress of Aboriginal Peoples before he was the youngest Canadian ever named to the Senate in 2008.

Sober second thought doesn't necessarily improve with age, he said.

"Many people who've had long careers and are appointed to the Senate, obviously they have many things to

contribute, but equally important is to have young voices in the Senate," he said.

He'll be fighting for the Conservatives when he boxes Justin Trudeau at an Ottawa Regional Cancer Foundation fundraiser on Saturday — something his older colleagues in the Senate aren't as able to do.

He often takes ideological fights with "leftists" to Twitter, engaging in flame wars with citizens, politicians and journalists.

"I'm certainly not a rebel, but I'm certainly not afraid of answering back in a factual manner as much as I can," he said.

Brazeau said he also uses social media to encourage young people — especially aboriginal youth — to get involved in politics.

"It's doubly hard to engage aboriginal youth," he said. "Aboriginal youth

Credibility

"I would hope that any youth would listen to any politician who would have a good and positive message, but I think that the fact that I am a little bit younger than most of my colleagues, it lends a little bit of credibility."

Patrick Brazeau
On engaging youth

feel as though they are selling out to mainstream Canada and they may feel assimilated.

"I think it's the exact opposite effect. The more people who become engaged, it can only mean a better life for them."

JESSICA SMITH/METRO

Young Liberal MP fights to be more than a younger version of his dad. Developing own expertise, own sense of identity is important whatever field you go into: Justin Trudeau

Justin Trudeau certainly isn't the youngest MP kicking around the House of Commons these days. But no matter what his age, he will always be perceived as a younger version of his dad.

Except that's the comparison Trudeau is trying to distance himself from, looking to make his own mark in his third year as Liberal MP for Papineau.

"I bring my own aspects to politics on my own merits and I think that's very, very important for any young person going into any field — that they be able to develop their own expertise, their own sense of identity," said Trudeau, 40.

So what makes him stand out from his slightly older peers on Parliament Hill?

For one, he said voting isn't "cool" and doesn't want to make it appear cool either.

"You don't make voting cool, that's where everyone has failed," he said. "What you have to do is make voting important to young people. Make them understand that their voices matter."

Trudeau — who has more than 120,000 Twitter followers — said he can

Mobilization

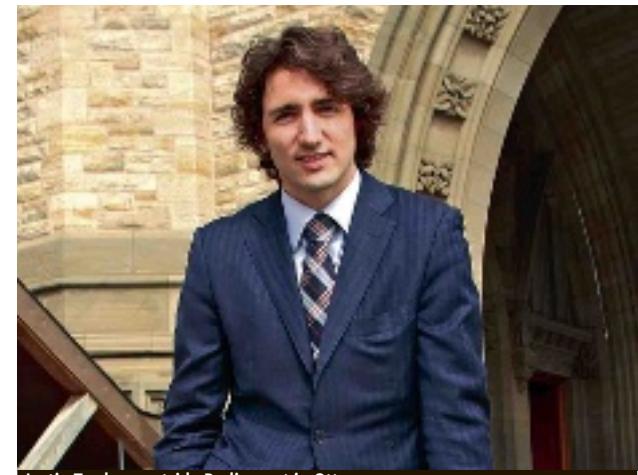
"If youth voted to 80 per cent turnout the way seniors vote to 80 per cent turnout, we'd never have another conversation about tuition fees in Parliament ever."

Justin Trudeau
On the youth vote

do that by engaging youth through social media.

A Twitter campaign is just the start, though. He said he wants to mobilize youth in the streets to get them more interested in politics.

JOE LOFARO/METRO



Justin Trudeau outside Parliament in Ottawa. SEAN MCKIBBON/METRO

Young NDP MP made a bid for party leadership. Being at the forefront encourages others to get involved: Niki Ashton

Niki Ashton isn't part of any literal boxing matches, but she stepped up as a contender in her party's biggest title bout — the race to replace Jack Layton.

Ashton sometimes — but not always — got more attention for her youth than her ideas in her NDP leadership bid.

"Some people looked at my age and thought it was a plus, and some people looked beyond my age," said the 29-year-old MP for Churchill, adding she's happy

to be a standard-bearer for young Canadians.

"We've been told that we're the generation that may live less well-off than our parents, and I find that statement unacceptable," Ashton said. "I mean, we've got tremendous wealth, tremendous opportunity in our country and there's no reason we should be less well-off."

Ashton acknowledged young people are less likely to vote, but they're easier to reach through social media and issue-based campaigns. Seeing more people their age in politics, she said, also helps.

"More young people get involved when they see young people at the forefront and speaking out on the issues that matter," she said. "Our party, I'm proud to

Visibility

"Jack Layton inspired many people, many young people particularly, to come out and be part of the process, and that's something that I very much want to continue."

Niki Ashton
On engaging youth

say, is one where if you turn on the TV and watch Parliament, we actually look like Canada. The same cannot be said for other parties that have very little representation from young people or women or the diversity of Canada." STEVE COLLINS/FOR METRO

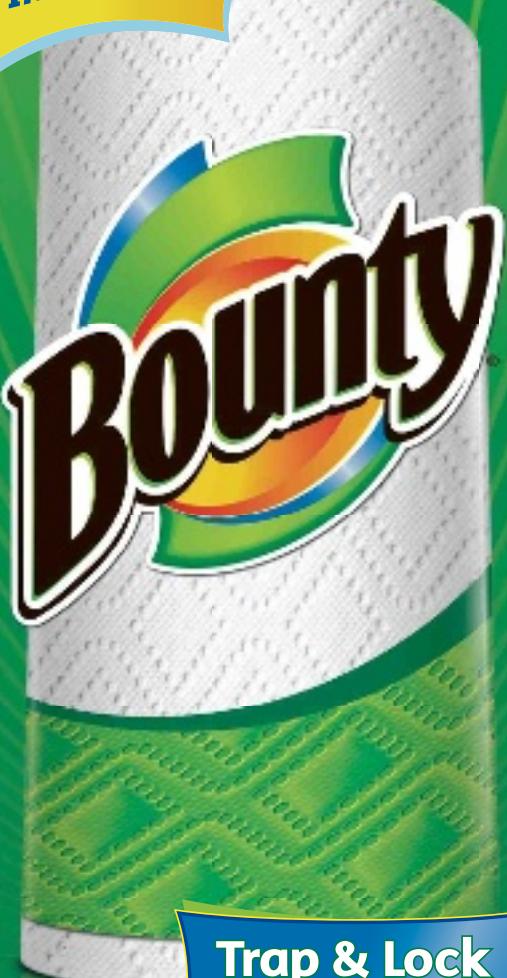
 Be sure to go to metronews.ca for coverage of the Trudeau-Brazeau boxing match happening at the Hampton Inn in Ottawa at 8:30 p.m. Metro columnist Steve Collins will also be live tweeting the fight @metrottawa.



Niki Ashton. CONTRIBUTED

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U.S., Canada poised to OK Omar Khadr transfer

A "frustrated" Omar Khadr could be back in Canada by the end of May, with both Ottawa and Washington poised to approve his transfer from Guantanamo Bay, where the convicted war criminal has been held for almost a decade, The Canadian Press has learned.

A source familiar with the file said U.S. Secretary of Defence Leon Panetta was expected to sign off on the transfer within a week.

"It's on his desk, it's ready," the source said Wednesday. "The U.S. has no concerns about (Khadr)."

Khadr has been caught up in a bureaucratic "Catch-22" since becoming eligible to leave the American prison in Cuba last October under terms of a plea agreement struck a year earlier.

The Toronto-born Khadr, 25, pleaded guilty before a much-maligned U.S. military commission to five war crimes he committed as a 15-year-old in Afghanistan in July 2002.

In exchange, the Canadian citizen was given an eight-year sentence, with one year to be served in Guantanamo Bay and the remainder in Canada.

Prime Minister Stephen Harper's government has been in no hurry to approve the transfer request, which Khadr's lawyers submitted to both governments a year ago.

Instead, the source said, Ottawa has been scrutinizing the application far more closely than required, looking at issues such as his parole eligibility, which would essentially be almost immediate.

THE CANADIAN PRESS



Canada's chief public health officer Dr. David Butler-Jones, left, speaks to B.C. provincial health officer Dr. Perry Kendall in 2009. Kendall calls for a new approach to federal drug policy. DARRYL DYCK/THE CANADIAN PRESS

Health officers slam drug policy

Criticism. Top municipal, provincial experts denounce federal strategy, call for an evidence-based approach

A number of leading figures in Canadian public health are criticizing the federal government's approach to drug policy, suggesting political ideology is trumping scientific evidence.

In a two-pronged attack, the chief medical officers of health for British Columbia, Saskatchewan and Nova Scotia published a commentary

in the journal Open Medicine that calls on the government to rethink strategies like minimum mandatory sentences for minor drug-related offences.

And the Urban Public Health Network, a group that represents the chief public health officers in Canada's 18 largest municipalities, has announced its endorsement of the Vienna Declaration, which calls on governments to draft drug policies based on evidence of what works.

"Basically what we're saying is that we don't think that the model we're using is particularly effective," said Dr. Perry Kendall, British Columbia's chief medical officer of health. THE CANADIAN PRESS

Salient points

- Call for a drug-policy approach that deals with addiction as a health problem, not a criminal justice issue.
- There is no evidence that harm-reduction policies such as needle exchanges lead to increased drug use, wrote the chief medical officers.
- They pointed to Portugal as an example of a country that decriminalized drugs a decade ago but hasn't seen an increase in harm.

Million-dollar baby. Oz couple charged large for birth of child in B.C.

Australia's foreign affairs minister is looking into the case of a Sydney couple stuck with a million-dollar hospital bill after their daughter was born in Vancouver last August.

John Kan and Rachel Evans had taken out travel insurance and extra coverage for Evans' pregnancy without realizing the policy would not cover the birth or the baby.

They were about to return to Australia after their B.C. vacation when Evans went into premature labour at the airport.

Piper Kan stayed in the

By the numbers:

278

The number of years it will take the two to pay off the bill, in a negotiated plan with the hospital where they pay \$300 a month.

neo-natal ward of the B.C. Women's Hospital and Health Centre for three months and the bill ended up being about \$1 million.

Evans said she is grateful for any help the government might be able to provide.

THE CANADIAN PRESS

Halifax. Court to decide on bail for officer accused of espionage

A Nova Scotia judge will decide Friday whether to grant bail to a navy intelligence officer accused of espionage.

Sub-Lt. Jeffrey Paul Delisle appeared in Halifax provincial court Wednesday, charged with communicating information that could harm national interests. He has been in custody at the Central Nova Scotia Correctional Facility since his arrest in January.

Judge Barbara Beach granted the defence's request for a publication ban covering evidence presented at Delisle's



Sub-Lt. Jeffrey Paul Delisle

ANDREW VAUGHN/THE CANADIAN PRESS

bail hearing, who was charged under a section of the Security of Information Act that was passed after the 9-11 attacks.

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White House

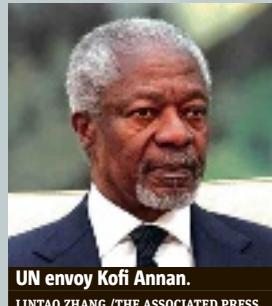
Assad must leave office: U.S.

The White House says Syria's acceptance of a United Nations-backed plan to end violence in the country does not change the U.S. view that Syrian President Bashar Assad must leave power.

White House spokesman Josh Earnest says the U.S. has heard promises from Assad before. He says the U.S. will view the Assad regime on its actions, not its words.

Assad said Monday that he was accepting the six-point plan first introduced by UN envoy Kofi Annan. The plan calls for a ceasefire and the beginning of a political dialogue that can lead to a democracy.

THE ASSOCIATED PRESS



UN envoy Kofi Annan.

LINTAO ZHANG/THE ASSOCIATED PRESS

Bloodshed

U.S. senators call for condemnation

A half-dozen senators are pushing a resolution condemning the Syrian regime of President Bashar Assad for mass atrocities and human-rights abuses against the nation's people.

In introducing the measure, the Republican senators and Independent Joe Lieberman criticized President Barack Obama for what they called a failure of leadership. The United Nations estimates that more than 9,000 Syrians have died in the continuing violence.

Senator John McCain, Obama's 2008 Republican presidential rival, asked how many more have to die before the United States takes a leadership role to end the slaughter.

The nonbinding resolution urges the president to work with Arab countries to provide Syrian rebels with the means to defend themselves, including weapons.

It stops short of calling for airstrikes against Syria, as McCain has urged.

THE ASSOCIATED PRESS

Syrian forces take latest rebel-held town

Saraqeb. Forty killed by government forces since Sunday, activists say

Syrian activists said Wednesday a government offensive in northern Syria during which troops overran a major opposition stronghold has left behind scenes of destruction, with corpses in the streets, homes burned to the ground and shops that have been pillaged and looted.

The reports of 40 people dead in Saraqeb since Sunday come as Arab leaders meeting in Baghdad remain deeply divided over how to help solve Syria's yearlong crisis.

President Bashar Assad said he has accepted a six-point UN plan to resolve the conflict, including a ceasefire, but the opposition is deeply skeptical that he will carry it out.

The fall of Saraqeb, a large town on the main highway

linking the northern city of Aleppo with the Syrian capital, was the latest in a string of opposition strongholds to fall to ruthless assaults by the better-equipped Syrian military.

Most of those strongholds and areas around them have since seen renewed flare-ups in violence, reflecting the resilience of the uprising and the military's inability to firmly put down the revolt.

Activists on Wednesday also reported clashes between

Syrian army units and rebels in the country's centre, east and south.

At least four civilians, four soldiers and five army defectors were killed in the central town of Qalaat al-Madiq and nearby villages, activists said, as troops advanced and closed in on rebels. The town, in Hama province, has been battered by heavy machine-guns and artillery for days. Activists said the town's historic castle was not spared the shelling.

"People are fleeing their

homes, many of them unsure which direction to take," said an activist in the area who identified himself as Ammar.

The military seized Saraqeb overnight after a four-day offensive that began Sunday. Rebel fighters had an active presence in the northern town and used it as a base to target army convoys nearby. In Saraqeb, as in other towns and cities recaptured recently by the army, Syrian troops left behind a trail of death and destruction. THE ASSOCIATED PRESS

Aid

Urgent appeal

The Local Coordination Committees network issued an appeal for international humanitarian organizations to urgently visit the town and said there were many unidentified corpses and wounded people there.

"Regime forces have forcibly displaced a large number of activists' families, and burned and shelled approximately 300 homes. They also pillaged and set fire to most shops," the LCC said in a statement.

The British-based Syrian Observatory for Human Rights confirmed the

reports and said most of the town's residents had fled along with the rebels. It said more than 40 people had been killed during the fighting over recent days.

The reports by the groups and by other activists could not be independently confirmed.

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TICO



In this citizen-journalism image, black smoke rises from buildings in Homs, Syria. Three Syrian soldiers died in clashes with rebels on Wednesday just a day after President Bashar Assad said he has accepted a UN plan to resolve the country's crisis. THE ASSOCIATED PRESS/LOCAL COORDINATION COMMITTEES IN SYRIA

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Diplomacy. Arab League looking to resolve conflict

The 22-member Arab League was discussing a new resolution on the Syria conflict at a summit in Baghdad.

The body's foreign ministers were expected to ask their heads of state to urge the Syrian regime to halt its crackdown on civilians, allow humanitarian groups into the country and free detainees. The ministers were meeting in the Iraqi capital on Wednesday, and heads of state will gather on Thursday.

A Syrian Foreign Ministry spokesman, Jihad Makdissi, said Damascus would "not deal with any initiative" that might come out of the 22-member Arab League.

The league suspended Syria's membership last year as a part of a package of sanctions aimed at pressuring it to stop the crackdown.

Arab countries are divided over how aggressively to intervene in Syria's turmoil. Gulf nations, particularly Saudi Arabia and Qatar, are believed to want to start



Iraqi Foreign Affairs Minister Hoshiyar Zebari

HADI MIZBAN / THE ASSOCIATED PRESS

providing weapons to Syria's rebels and even carve out a "safe area" inside the country that the opposition can use as a staging ground.

Iraq, the host of this week's summit, is more cautious. Baghdad's Shiite-dominated government is close to Iran, Assad's closest ally, and is wary of hurting those ties.

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Expect severe weather from Miami to Mumbai: Scientists

Global warming is leading to such severe storms, droughts and heat waves that countries should prepare for an unprecedented onslaught of deadly and costly weather disasters, an international panel of climate scientists says in a report issued Wednesday.

The greatest danger from extreme weather is in highly populated, poor regions of the world, the report warns, but no corner of the globe — from Mumbai to Miami — is immune. The document by a Nobel Prize-winning panel of climate scientists forecasts stronger tropical cyclones and more frequent heat waves, deluges and droughts.

The 594-page report blames the scale of recent and future disasters on a combination of man-made climate change, population shifts and poverty.

In the past, the Intergovernmental Panel on Climate Change, founded in 1988 by the UN, has focused on the slow inexorable rise of temperatures and oceans as part of global warming. This report is the first to look at the less common but far more noticeable extreme weather changes, which has been costing on average about \$80 billion US a year in damage.



Neighbours look over the wreckage of a mobile home that was struck by a tornado March 23 near Opdyke in Jefferson County, Ill.

ALAN ROGERS/THE SOUTHERN ILLINOISAN/THE ASSOCIATED PRESS

"We mostly experience weather and climate through the extreme," said Stanford University climate scientist Chris Field. "That's where we have the losses. That's where we have the insurance payments. That's where things have the potential to fall apart.

The scientists say that some places, particularly parts of Mumbai in India, could become uninhabitable from floods, storms and rising seas. In 2005, over 24 hours nearly 900 millimetres of rain fell on the city, killing more than 1,000 people and causing massive damage. Roughly 2.7-million people live in areas at risk of flooding.

Other cities at lesser risk

include Miami, Shanghai, Bangkok, China's Guangzhou, Vietnam's Ho Chi Minh City, Myanmar's Yangon (formerly Rangoon) and India's Kolkata (formerly Calcutta). The people of small island nations, such as the Maldives, may also need to abandon their homes because of rising seas and fierce storms.

"The decision about whether or not to move is achingly difficult and I think it's one that the world community will have to face with increasing frequency in the future," Field said Wednesday. The report is unique because it emphasizes managing risks and how taking precautions can work, Field said. THE ASSOCIATED PRESS

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Fukushima nuclear reactor still measures fatal levels of radiation

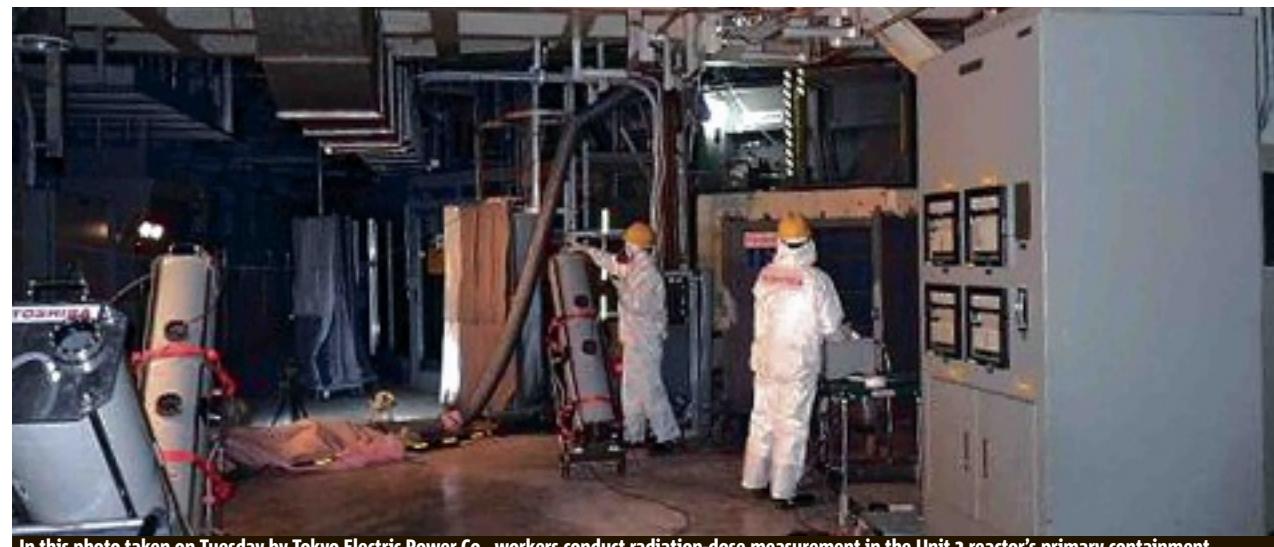
Plant examinations.

Condition of other two reactors, which could be in far worse condition, unknown

One of Japan's crippled nuclear reactors still has fatally high radiation levels and hardly any water to cool its fuel, according to an internal examination that reinforces doubts about the plant's stability.

A tool equipped with a tiny video camera, a thermometer, a dosimeter and a water gauge was used to assess damage inside the No. 2 reactor's containment chamber Tuesday for the second time since the tsunami swept into the Fukushima Dai-ichi plant a year ago.

The data collected showed the damage from the disaster is so severe, the plant operator will have to develop special equipment and technology to tolerate the harsh environment and decommission the plant, a process expected to last dec-



In this photo taken on Tuesday by Tokyo Electric Power Co., workers conduct radiation-dose measurement in the Unit 2 reactor's primary containment vessel inside the reactor building at the tsunami-crippled Fukushima Dai-ichi nuclear power plant in Okuma town, Fukushima Prefecture, northeastern Japan. The Unit 2 still had fatally high radiation levels and much less water to cool it than officials had estimated, according to the internal examination.

TOKYO ELECTRIC POWER CO./THE ASSOCIATED PRESS

ades. The other two reactors that had meltdowns could be in even worse shape. The No. 2 reactor is the only one plant workers have been able to closely examine so far.

Tuesday's examination with

an industrial endoscope detected radiation levels up to 10 times the fatal dose inside the chamber. Plant officials previously said more than half of the melted fuel has breached the core and dropped to the floor

of the primary containment vessel.

Particles from melted fuel have probably sent radiation levels up to a dangerously high 70 sieverts per hour inside the container, said Junichi Mat-

sumoto, spokesman for Tokyo Electric Power Co. The figure far exceeds the highest level previously detected, 10 sieverts per hour, which was detected last year.

THE ASSOCIATED PRESS

Water woes

- **Water level.** The containment vessel had cooling water up to only 60 centimetres from the bottom, far below the 10 metres estimated when the government declared the plant stable in December.
- **Water surface.** A probe done in January failed to find the water surface. Finding the water level was important to help locate damaged areas where radioactive water is escaping.
- **Water temperature.** The actual water level was way off the estimate. But the results don't affect the plant's "cold shutdown status" because the water temperature was about 50 C, indicating the melted fuel is cooled.



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Crash leaves two in critical condition

Accident. Brinks tractor-trailer collides with rock face in northern Ontario, spilling millions of loonies and toonies

Millions of dollars in coins and a shipment of candy were scattered across an Ontario highway Wednesday following the crash of a Brinks tractor-trailer that seriously injured two people.

Both of the men who were in the Brinks truck were taken to hospital with life-threatening injuries, police said.

The crash happened around 4 a.m. on Highway 11, north of Kirkland Lake in northeastern Ontario, when the truck crossed the centre line and collided with a rock face, said Ontario Provincial Police Const. Marc Depatie.

The crash also caused a number of chain-reaction collisions, but the injuries were minor, he



Police investigate the scene after a crash in northern Ontario on Wednesday. Millions of dollars in coins and a shipment of candy were scattered across the highway following the crash of a Brinks tractor-trailer that seriously injured two people. CONTRIBUTED/ONTARIO PROVINCIAL POLICE/ THE CANADIAN PRESS

said. One of the trucks involved in the resulting crashes was carrying candy, he said.

That candy, along with \$3 to \$5 million worth of loonies and toonies were strewn

on the road and in the surrounding bush. The highway was closed by police, who essentially stood guard until the money could be removed.

"A private contractor will

be using magnets and other mechanisms to recover the dispersed load," but clearing up the wreckage remains the top priority, Depatie said.

THE CANADIAN PRESS

Labour disputes. Canada Post worker accuses Raitt of using bullying tactics

The recent tensions between Air Canada workers and Lisa Raitt reminded Jim Gallant of the time he gave the federal labour minister a piece of his mind in public.

The veteran Canada Post worker said he got a pair of RCMP officers knocking on his office door — a response he equated to the sudden suspensions that triggered last week's early morning wildcat strike at Canada's largest airline. Three Air Canada workers were suspended recently for heckling Raitt at Toronto's Pearson airport. Those suspensions triggered a wildcat strike by fellow workers angered by the Conservative government bringing

in back-to-work legislation and sending their contract dispute with the airline to arbitration.

Gallant, a regional grievance officer with the Canadian Union of Postal Workers with 23 years at Canada Post, was in Toronto attending a hockey game at the Air Canada Centre last October when he said he accused Raitt to her face of lying to the Senate and the House of Commons when explaining why postal employees had to be ordered back to work.

Officials routinely report unusual incidents that take place on off-hours, said security consultant Chris Mathers, a former RCMP officer himself.

THE CANADIAN PRESS



Minister of Labour Lisa Raitt on March 12. SEAN KILPATRICK/ THE CANADIAN PRESS

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Galaxy resembles 'emerald-cut' diamond

Spotted. Shiny new galaxy dubbed Lucy in the Sky with Diamonds

It is the 74,886th galaxy in the Lyon Extragalactic Database (LEDA) of 1.5-million galaxies, but some people are calling the new rectangular cosmic jewel Lucy in the Sky with Diamonds.

"We did unofficially refer to it as the 'emerald-cut' gal-

axy" because of its striking resemblance to an emerald-cut diamond, Australian astronomer Dr. Alister Graham told the Toronto Star. That triggered the even more unofficial name from the old Beatles song.

And it fits, said Graham. When he and his colleagues first spotted LEDA 074886 some 70 million light years away, their reaction was "Wow, will you look at that."

Emerald

Its importance isn't just in its shape, Graham said.

- "In recent years there has been an increased awareness of blue elliptical-shaped galaxies," he said. "Perhaps up to four per cent of galaxies fall into this category."

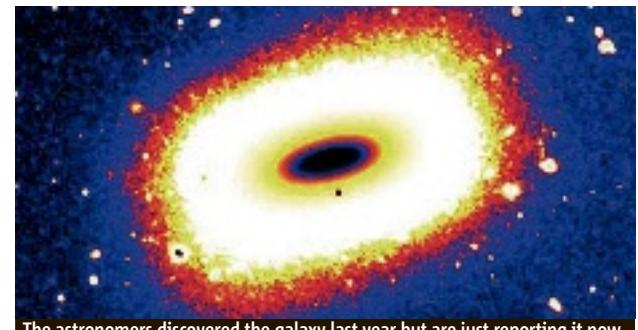
The astronomers discov-

ered the galaxy last year but are just reporting it now in the Astrophysics Journal.

The dazzling dwarf galaxy with its spinning deep blue core, blinding white "emerald-cut" surface and sparkling red rim is an astronomic anomaly.

"Symmetrical rectangular galaxies are very unusual. We were very surprised to find it," said Graham.

TORSTAR NEWS SERVICE



The astronomers discovered the galaxy last year but are just reporting it now in the Astrophysics Journal. SWINBURNE UNIVERSITY OF TECHNOLOGY



Do you take milk with your dog?

Beyonce, a Dachshund puppy vying for the title of World's Smallest Dog, is fed in a coffee cup during an interview on Wednesday in New York. Animal rescuers in Northern California say Beyonce was so small at birth that she could fit into a spoon. BEBETO MATTHEWS/THE ASSOCIATED PRESS

B.C.

Grab a java to get you going? Think again, study says

Research conducted by University of British Columbia psychologists is shedding new light on how amphetamines and caffeine affect the motivation of workers and slackers.

A study published in the journal *Neuropsychopharmacology*, has found that amphetamines, specifically speed, cause workers to slack off and slackers to work harder.

Caffeine, on the other hand, causes workers to slack off but doesn't seem to have any effect on slackers.

The findings have implications for people like

long-distance truck drivers who use stimulants to remain vigilant for hours on end, said Jay Hosking, a PhD candidate and one of four people who worked on the project.

"What's working for some people may not be working for others," said Hosking.

The research took place at the university over nine months, starting in 2009, and involved 40 male rats.

Hosking said members of the team wanted to learn how people make decisions and why some people make different decisions than others.

"Every day at work and anywhere we're confronted with this thing where we can either work towards something or be satisfied with the status quo," he said.

THE CANADIAN PRESS

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Manufacturing. Toyota to invest \$80 million in Woodstock, Ont. plant

Toyota's Canadian manufacturing arm announced Wednesday it will invest \$80 million to increase production at its Woodstock, Ont. assembly plant, a move it says will create some 400 new jobs.

Toyota Canada said it will ramp up production of its RAV4 crossover vehicles to 200,000 vehicles at the plant by early 2013, an increase from the current annual capacity of 150,000 vehicles.

The Woodstock facility currently employs about 2,000 workers.

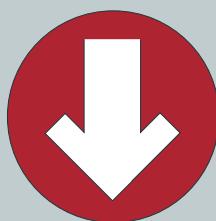
Toyota has faced production problems due to last

year's earthquake and tsunami in Japan and massive flooding in Thailand that cut parts supplies and slowed down their global output, even in Canada.

But sales have begun to spring back recently, with Toyota Canada reporting sales rose 31 per cent year-over-year in February with 12,384 Toyota, Lexus and Scion vehicles sold.

The company has already announced plans the first Toyota electric vehicle to be built in North America, the RAV4 EV, would be made in Woodstock beginning this year. **THE CANADIAN PRESS**

Market Moment



DOLLAR
100.21¢ US
(-0.3¢)

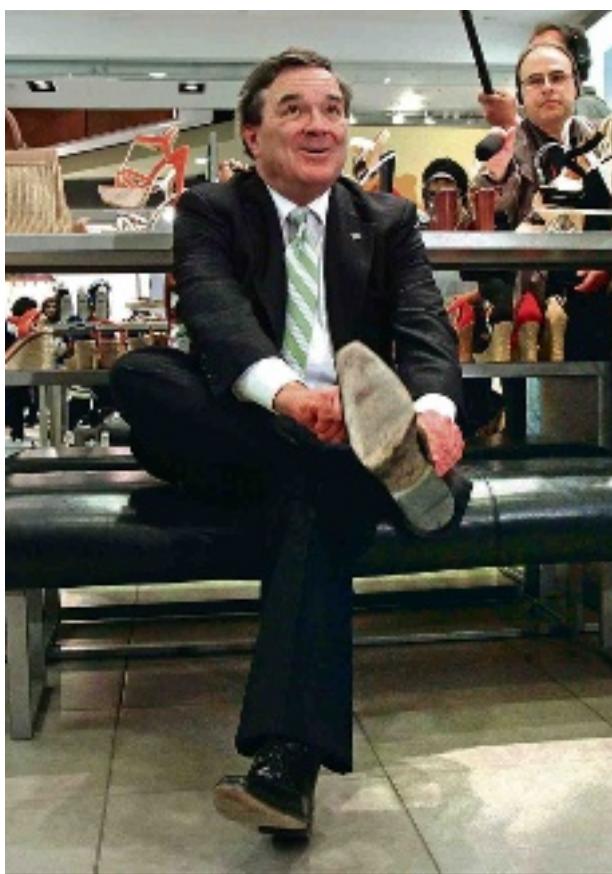
TSX
12,413.86 (-98.18)

OIL
\$105.41 US (-\$1.92)

GOLD
\$1,657.90 US (-\$27.00)

Natural gas: \$2.191 US (-1.7¢)
Dow Jones: 13,126.21 (-71.52)

Bureaucracy to bear brunt of cuts: Flaherty



Finance Minister Jim Flaherty tries on a pair of new shoes Wednesday in Ottawa ahead of his budget delivery Thursday. **FRED CHARTRAND/THE CANADIAN PRESS**

Federal budget.

Conservative sources say spending cutbacks likely to total \$7 billion in annual savings by the 2014-15 fiscal year

Sources and officials agree Flaherty's seventh budget — and first with a parliamentary majority to back it — will be his longest and most far-reaching, laying the foundations for a business-friendly Canada with smaller government and curtailed social entitlements.

The finance minister said much of the burden of cuts will fall primarily on the

Budget crunch

MPs trim own spending by \$30M

The House of Commons has announced its own belt-tightening plan on the eve of a federal budget that's expected to cut billions in government spending.

public service — which will shed tens of thousands of jobs — insisting services to Canadians will be mostly left untouched.

The budget will also seek to curtail long-term spending by slowing the growth of entitlements such as elderly benefits under Old Age Security, building on December's decision to limit future health-care transfers to the growth in the economy.

Reports suggest Flaherty also intends to give notice to the public-service unions they must pay more for their indexed pension plans.

And the CBC will likely see its wings clipped, by anywhere from five to 10 per cent of the annual \$1-billion funding. **THE CANADIAN PRESS**

An all-party committee that oversees MP budgets and the operation of their offices, says spending will decrease \$30.3 million over the next three years.

The cuts include a small reduction in MP office budgets and cutting the budgets of opposition party leaders. **THE CANADIAN PRESS**

Nike sues Reebok in NYC over Tebow apparel



Tim Tebow, who led the Denver Broncos to the playoffs last year, was acquired by the New York Jets in a trade on March 21. **MARK LENNIHAN/THE ASSOCIATED PRESS**

Nike went to court Wednesday to prove that Reebok is no shoo-in to promote New York Jets quarterback Tim Tebow on apparel.

Nike Inc. claimed in a lawsuit in U.S. District Court that Reebok International Ltd. has used Tebow's name on Jets-related apparel without permission since it was announced last week that Tebow was traded from the Denver Broncos to New York.

The Tebow trade occurred just before Nike replaces Reebok on Sunday

as the supplier of NFL team uniforms.

The lawsuit, which seeks unspecified damages, claims that Reebok misappropriated publicity rights, interfered with business relationships and unjustly enriched itself because it failed to get Tebow's permission before launching the new products.

Reebok did not immediately respond to a request seeking comment.

The lawsuit said Reebok did not respond to demands to cease Tebow apparel sales

after a Tebow representative sent a letter to the company on Friday.

Reebok is a subsidiary of Adidas AG.

According to the lawsuit, new Nike-supplied uniforms for all 32 NFL teams will be unveiled next week in New York City, kicking off a five-year deal for Nike to be the league's exclusive provider of on-field apparel, including game uniforms and sideline apparel. Reebok had been the supplier for the last decade.

THE ASSOCIATED PRESS

Team Tebow

- The lawsuit said demands for Tebow-related Jets apparel was intense last week during a normally subdued time for NFL merchandise sales.

- It claims Reebok's usage of the Tebow brand has damaged Nike's ability to capitalize on a "unique and short-lived opportunity."

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- ✓ 14 free features
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Homeowners sweating over rates: Study

BMO survey. 57 per cent of respondents believe they could still afford their homes if interest rates were to spike by two per cent

Four in 10 Canadians would be unsure about whether they could afford their homes if their mortgage rate went up by as

little as two percentage points, according to a new study from the Bank of Montreal.

The survey, compiled for BMO by Leger Marketing, found 43 per cent believe a increase from three per cent to five per cent would either hamper their ability to pay or leave them on unsure footing.

The survey was conducted Feb. 21 to 23, two weeks before BMO sparked a round of special rate reductions among Canadian banks.

The survey's results were announced a day before the five-year special rate ended on Wednesday.

BMO's special dropped the five-year rate by half a percentage point to 2.99 per cent from 3.49 per cent and other banks followed. Since then, Royal, TD and National banks have announced their five-year posted rates will go up on Thursday to 5.44 per cent — an increase of nearly 2.5 percentage points from the sale price.

"At first when you look at this, you think, 'Oh, my goodness, that's pretty scary,'" said Laura Parsons, a mortgage expert at BMO. "But if we get clients in to take a good hard look at how they're spending their money, I think they'd find that extra two per cent in their budget — it would just mean they'd have to cut back on certain things."

One in five Canadians surveyed said a two-percentage-point rise would hurt their

ability to make mortgage payments, while 23 per cent said they were unsure whether a rise would affect them.

The study, which surveyed some 1,500 Canadians in February, has a 2.5 per cent margin of error 19 times out of 20.

The survey findings come as some of Canada's biggest banks begin raising variable mortgage rates, even though the Bank of Canada's overnight interest rate remains unchanged.

THE CANADIAN PRESS

Household debt

- Both Finance Minister Jim Flaherty and Bank of Canada Governor Mark Carney have recently flagged the danger to the economy of Canadians becoming increasingly indebted, mostly through taking advantage of low rates to buy homes or take out home-equity loans.

Weather may sap syrup producers' profits

Some of Canada's maple-syrup producers say they're expecting a financial hit as recent warm weather cut the season short this year, but the price that consumers pay for the sweet stuff should remain stable.

"We don't want consumers to think it's absolutely not out there anymore, but there's less," said Ray Bonenber, president of the Ontario Maple Syrup Producers Association.

It shouldn't affect the price, Bonenber said, adding there was a small increase in the price of maple syrup last year and the price is set every couple of years.

"A lot of the product is already sold and you charge the price that you would normally

expect to charge," Bonenber said from his farm near Pemroke, Ont.

"Most producers are not about capitalizing on a shortage and shoving a lot of that on the consumer."

Ontario's maple syrup producers are producing anywhere from 20 per cent to 50 per cent or so of what they normally make, he said. Ontario produced about two million litres of maple syrup last year.

Along with Ontario, the provinces of Quebec, New Brunswick and Nova Scotia are Canada's major producers and they all had an early start, and in some cases, an early end to the season due to the recent unseasonable temperatures. THE CANADIAN PRESS



Emile Picard samples some fresh maple syrup at the Au Pieds de Cochon sugar shack in St-Benoit-de-Mirabel, Que. RYAN REMIORZ/THE CANADIAN PRESS



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John Mazerolle
metronews.ca/hesays

I'm concerned about the federal budget, which is fortunate because the more concerned I am about something the easier it is to reach my word count.

As I write this, journalists are using all their skills (begging and whining) to get "government sources" to tell them budget details before today's official announcement. But I know how it will go:

1) Finance Minister Jim Flaherty will explain that the budget is a fiscally conservative plan (except for the prisons and jets part) and that it will create jobs (except for the jobs-cuts part), and that it shows that Canadians have a bright future (except that we're one step away from DOOM and only the Conservatives can protect us).

2) The opposition leaders will, using talking points they wrote three weeks ago, explain that Flaherty has the same moral standing as, say, Satan, and that the budget document is the worst thing they've read since *Twilight*.

3) The opposition will vote for it anyway.

I don't know about you, but this era of deep cuts is starting to get me down.

There's the world economic collapse, where countries like Greece decide they can't have nice things anymore and burn them.

There's provincial woes, where places like Ontario have budget speeches that read like eulogies.

And in Toronto, where I live, the only thing approaching economic good news is when sports fans win free pizza because the Raptors score 100 points. (Rumour has it the Leafs have a similar promotion, but it's been lost to the mists of time).

It's getting to the point where we should really give up on the tradition of finance ministers buying new shoes on budget day. Instead, he or she should pose for newspapers with a nice, shiny axe.

I'm trying to take a pragmatic, level-headed approach to the cuts, which is why I offer the following advice to Mr. Flaherty. Forgive me if this is trite, but I think the government should — this is important, write it down — wear a lot of jackets.

I'll explain. I, like Canada itself, am in debt up to my earmuffs. But I just made some money back, as I do every spring, because I pulled out a spring jacket and discovered a crisp \$5 bill. Pretty sweet.

Clearly, all MPs should carry the federal coffers in their jacket pockets. Then wait till next spring and reap the surprise windfall.

This works so well for me that I'm thinking about getting more jackets to increase my return. I'm pretty sure Ben Bernanke does this as well.

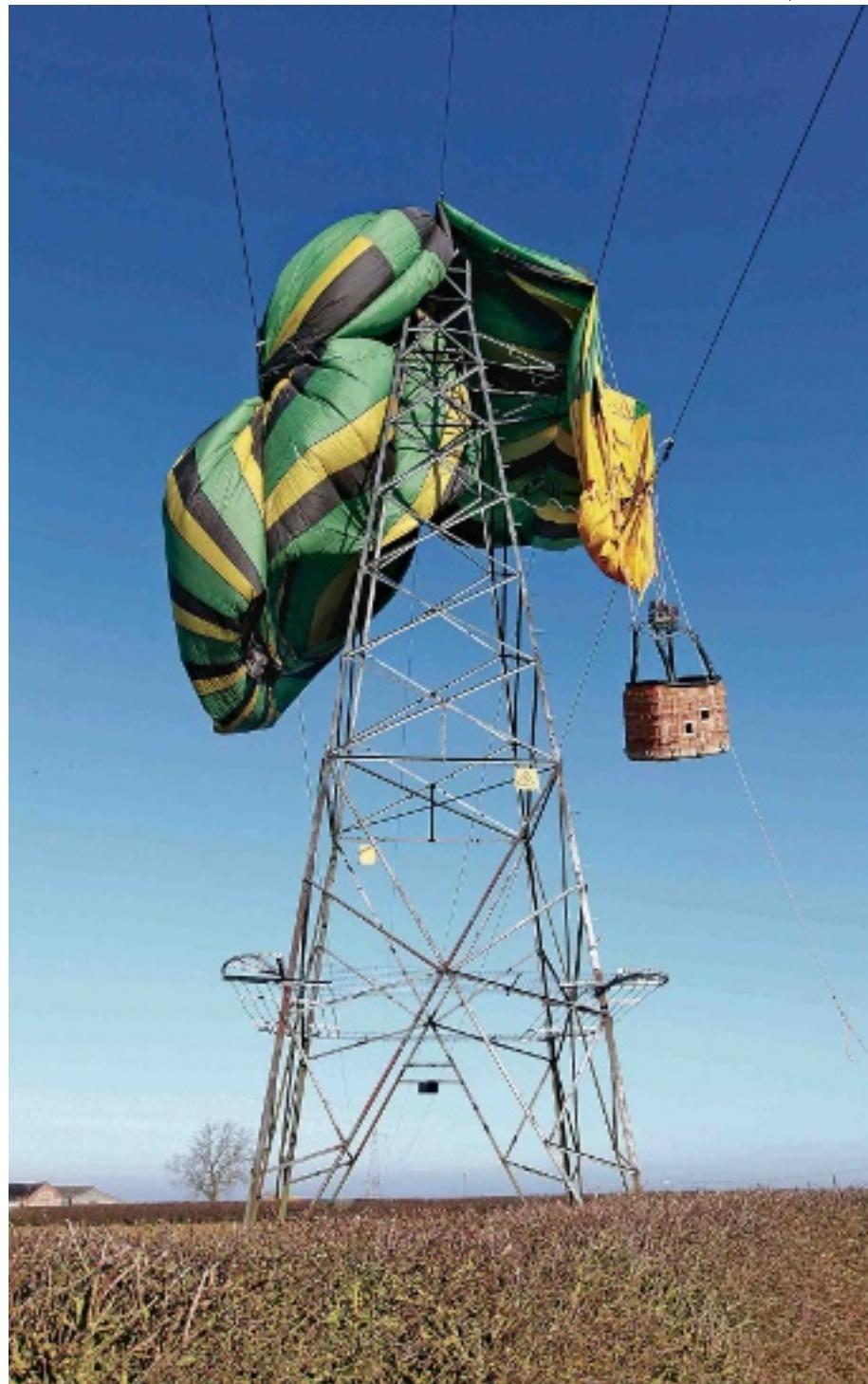
Frankly, Mr. Flaherty, I see this as our only hope. If you don't agree, I'll be deeply concerned. At least until I hit my word count.

Now.

RENE JOHNSTON/TORSTAR NEWS SERVICE FILE

What goes up ...

GEOFFREY ROBINSON/REX FEATURES



Off course

Teen pilot flies balloon into pylon

NORTHAMPTONSHIRE, U.K. Three people were saved by rescue crews after a hot-air balloon dramatically crashed into 132,000-volt power cables. Freakish winds sent teen pilot Adam Griffiths and his two companions toward overhead lines near the village of Bozeat, some 100 kilometres northwest of London. **MWN**

Hanging on a wire

"There was a bang and a little bit of a fire in the basket, but it put itself out as I went to grab the extinguisher. We slid down the power line and came to a standstill."

PILOT ADAM GRIFFITHS
WHO SUFFERED MINOR BURNS

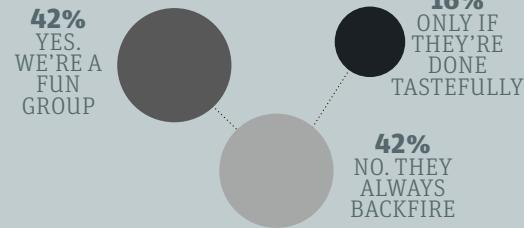
Hot-air boom

- In numbers.** The trio were dangling from the overhead lines 13 metres above the ground for five hours, while emergency teams worked to switch off power lines.
- How they passed the time.** The stranded balloonists played I Spy as they waited to be rescued. "But after we had G for 'grass' and P for 'pylon' we didn't have many more ideas," Griffiths said.



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Do you do any April Fool's Day pranks at your work?



Twitter

@makeupbybree: ... day off! driving to ottawa to become a canadian citizen tomorrow. stoked....not stoked that it's freezing there :)

@storymon:

"It was the best of times, it was the worst of times" — Charles Dickens writing for the Hockey News about Ottawa and Toronto #Leafs

@FoE1911:

I could start a twitter account

based on updating people about which Ottawa community housing elevators have recently been fixed in

@GrittyGorg:

I continue to be a huge proponent of #LRT in #Ottawa, but the new station plan is terrible for my uses. It might be time to look into a car.

@OHConor:

Carleton has a see-saw... Er, take that, U. Ottawa!?



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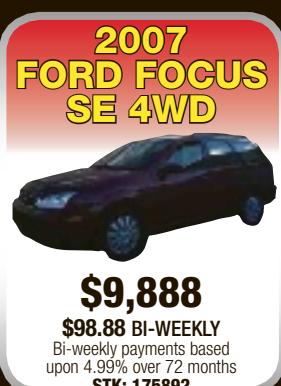
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This Lake Effect has been brewing for 25 years

Old made new. Indie band revisits material that had long been forgotten, and updates the sound for today



BACKSTAGE
PASS

Jen Traplin
ottawa@metronews.ca

The story of Ottawa indie rock band The Lake Effect is 25 years in the making.

In the late '80s, founders Phil Hogarth and Dave Bignell were members of legendary post-punk bands Bugs Harvey Oswald and The Red Squares.

But, when those bands dissolved, the two Ottawa musicians got together and formed a new project.

Things seemed to be going well for The Lake Effect then; they had recorded some new material and were in talks with a label rep at Attic Records who was grooming them for a record deal.

But, when that rep died in a tragic accident, the project ultimately collapsed.

Now, 25 years later, Hogarth and Bignell are revising and reworking material that had long been forgotten.

"At the time, we didn't see how relevant those songs were. We wrote them and ended up walking away from them," explains Hogarth.

Of course, music has changed a lot since the late '80s but Bignell and Hogarth say The Lake Effect's new renditions reflect today's musical landscape.

"The songs are very acoustic now whereas, back then, they were very electric," Bignell explains.



The Lake Effect has a just-released EP with material that's more than two decades old. CONTRIBUTED

"They're done up in a very different way than back when we wrote them in the late 80s. We wrote them with the musical sensibilities that were around us at the time but now they've taken on a quieter, more purposeful sound," says Hogarth.

And though this reincarnation of The Lake Effect is brand new, there is already some buzz building around the band, thanks to their debut EP, *Expect Delays*.

Twenty-five years later,

Bignell and Hogarth are excited about the future prospects for The Lake Effect but admit that they have no expectations.

"Really, we're just doing it for ourselves. It's not as if we're trying to climb some ladder. It's quite liberating in that sense," says Bignell.

Hogarth agrees.

"When you don't have to climb that ladder, it's a little bit like you're already out of the playoffs so you're just playing."

See it

- **JUNOFest presents.** The Fiftymen, Orienteers, Catl and The Lake Effect on Saturday at 7 p.m. at the Elmdale Tavern (1084 Wellington St.). Tickets are \$15 at the door.

- **What else is going on?** Maple Sugar Fest on Saturday and Sunday from 10 a.m. to 4 p.m. at Richelieu

Park (300 Des Peres Blancs Ave.). Admission is free. Enjoy a pancake breakfast, walk the paths of a heritage maple forest, check out a lumberjack competition and more this weekend at Maple Sugar Fest. For more info, visit maplesugarfest.ca.

On the web



Canadian DJ Deadmau5, Madonna declare a truce on Twitter

"Many authors know how to make the hairs on the back of your neck stand up. Jo Nesbo's one of the few who keeps them there."

— Linwood Barclay

"Once you read Nesbo you're hooked."

— *The Chronicle Herald*

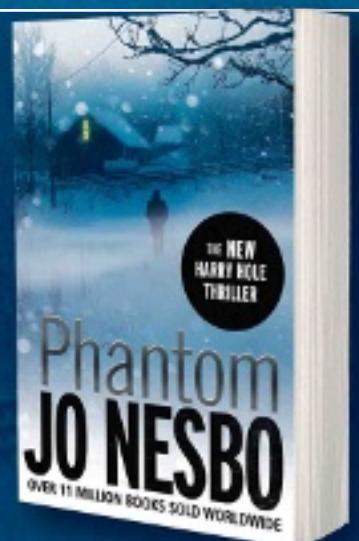
"Nesbo writes rings around Larsson."

— *Toronto Star*

"Maddeningly addictive."

— *Vanity Fair*

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From fetching java to just plain fetching

Alyssa Reid.

Singer talks about juggling a regular teen life with the life of a Juno performer

Between getting bruised on the rugby field, pouring java at Tim Hortons, finishing high school and touring Canada, Ontario-based singer-songwriter Alyssa Reid realized something had to give.

"I was kind of trying to have the teenage girl life and the teenage pop star life and they kind of don't mix very well, especially when you're joining sports teams and then going on tour two weeks later covered in bruises," the 19-year-old said.

"I went on a tour called the SodaPOP tour and I could not wear a dress the entire tour because I was covered head to toe in bruises. It was not a good scene and I do not play rugby anymore."

Nor does she work at Tim Hortons anymore, a job she held down for a year and a half while she toured with the likes of pop/dance artist Danny Fernandes and R&B/hip-hopper JRDN.

"I did everything there," said Reid, who lives in Brampton, Ont., and will tour the U.K. next month. "I worked the cash register, I was a trainer, I baked."

The high-school graduate can now focus on her soaring music career, which has seen her get a 2012 Juno nomination for new artist of the year. Other nominees include JRDN, Dan Mangan, Diamond Rings, and Lindi Ortega.

Reid will also perform her hit pop/hip-hop single, *Alone Again*, at the Ottawa bash on Sunday in what she calls a "live mash-up" between five pop acts.

The tune, a new interpretation of the 1987 Heart hit *Alone*, features P. Reign and is on Reid's upcoming album *The Game*, due out on June 21.

"I did not think when we released *Alone Again* that it was going to have the reaction it did," said Reid, who got a 2011 MuchMusic Video Award nomination for best pop video for the tune.

"So to get to be travelling the world and going to the Junos and performing at the Junos is a pretty overwhelming thing."

THE CANADIAN PRESS

Quoted

"I was kind of trying to have the teenage girl life and the teenage pop star life and they kind of don't mix very well." Singer-songwriter Alyssa Reid

Alyssa Reid

Performs at the Juno Awards this Sunday.

Celebrity style. June Ambrose loves giving stars their sparkle

Stylist June Ambrose helped remake the image of Luther Vandross and Mariah Carey as they were preparing major comebacks, but there's one icon she didn't get to remake — Whitney Houston.

Working with Houston wasn't a pipe dream for Ambrose. With the singer readying a return to the spotlight with the upcom-

ing movie, *Sparkle*, and new music, it was a real possibility. But she died Feb. 11 on the eve of the Grammys at 48 of an accidental drowning, with heart disease and cocaine use as contributing factors.

"There were talks about it," Ambrose said. "I really wanted to do Whitney Houston's comeback. ... I just felt like Whitney and I ... would have been great together."

On her new VH1 show, *Styled by June*, the Antigua native helps struggling celebrities look their best, including actress and one-time fashionista Mischa Barton, female rappers Trina and Da Brat, and reality TV star and singer Aubrey O'Day. The show airs on Mondays (9:30 p.m. EDT).

Who else would you like to style?

I like broken starlets. I love to fix things. ... I would love to get like a Courtney Love. Lindsay Lohan I'd be brilliant with.

What's it like getting celebrities to trust you when taking them out of their comfort zone?

Celebrities naturally are quite defensive by nature. They have to protect themselves, they're constantly being photographed and judged, and social media controls so much of how they feel about themselves. You know, they're reading the blogs, the tabloids, and it starts to kind of eat away at their spirit and their confidence. ... I have to strip them down and build them back up, and the reason why I have to strip them down is I need them to see themselves, not the person they want to be, but the person that they are. Face that person, accept that person and then we deal with the alter ego.

THE ASSOCIATED PRESS



Alyssa Reid will perform her hit single *Alone Again* at the Juno awards this weekend. HANDOUT/JEREMY CHAN



June Ambrose says she loves fixing things. CARLO ALLEGRI/THE ASSOCIATED PRESS

Not a 'sweetie-darling-honey-baby book'

Reading. Frank Langella dishes about ex-lovers, villains and the famous in his memoir

The phone at Frank Langella's home rings and rings, unanswered. The very private three-time Tony Award winner apparently is not willing to answer questions about his debut book.

Oh, wait: It turns out he has inadvertently given out the number for his fax machine.

"We'll talk to Dr. Freud about that sometime," he jokes when the right number is called and he gets on the line.

It turns out that Langella, fresh off the Broadway revival of Terence Rattigan's *Man and Boy*, would very much like to talk about his literary debut, the memoir *Dropped Names: Famous Men and Women as I Knew Them*, which went on sale this week.

The book is a collection of 66 impressionistic sketches of movie stars, social celebrities, Broadway icons, politicians and writers, including John F. Kennedy, George C. Scott, Tip O'Neill, Bette Davis, Jill Clayburgh and Charlton Heston. All but one are dead.

There are stories of dating Elizabeth Taylor, streaking in front of Sir Laurence Olivier, playing Scrabble with Paul Mellon and being wooed by both Noel Coward and Roddy McDowall (neither attempt

Quote

"I was religious about making certain that I often showed the worst of my nature."

Frank Langella

succeeded, he writes). He and Marilyn Monroe shared just one word, but it changed his life.

Langella plumbs his long career, which has put him in arm's reach of many famous people. He's gone from a sexy Dracula, Cyrano and Sherlock Holmes to a mature Richard Nixon in *Frost/Nixon* onstage and on-screen, Sir Thomas More in *A Man for All Seasons* and Perry White in *Superman Returns*.

Not all the celebrities come off well, including Richard Burton ("Could anyone, I wondered, be so unaware of what a crashing bore he had become?"), Anthony Quinn ("a big bully") and Paul Newman ("emotionally vacant").

Langella also doesn't spare himself. He acknowledges being a terrible boor around Deborah Kerr and Dinah Shore, did something "unforgivable" to Jackie Kennedy and is wistful about being a lover to a faded Rita Hayworth, saying she was "the single most tragic example of how far from the real person an image can be." He calls *Cutthroat Island* one of his worst films, "the single most egregious example of excess I have ever witnessed in the movie world."

"I really felt very strongly

that I wasn't going to write a sweetie-darling-honey-baby book," he says. "Most celebrities' biographies I read I can't get through — they're either immensely self-raising or absolutely whitewashing."

Langella says he sought out permission from relatives and intimate friends of his subjects before publishing.

"I've chosen to write my

memories — as I recall them — as honestly as I could," he says. "None of it was meant to be coy or a tease."

One of the most touching chapters — and one of Langella's favourites — is about Cameron Mitchell, a one-time leading man who by the mid-1970s had turned into a "fat, jowly mess, covering his sad decline with an over-the-top wisecracking de-

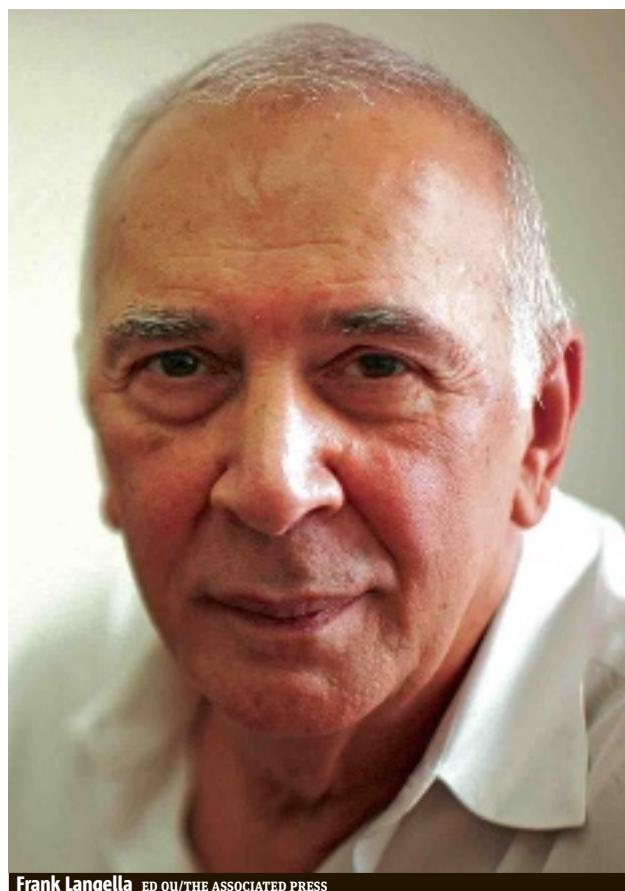
meanour."

In one story, Langella writes that fellow actors teased Mitchell by spinning him around in a too-small jacket.

"I've never forgotten the look in his eyes. I've never forgotten the sad, broken terror when everyone around him was just laughing their heads off, thinking how funny it was," Langella says.

"That's around the corner for everybody if we don't watch out. I suppose that chapter means a lot to me because of the ephemeralness of life and also the ephemeralness of my profession."

Langella says there are so many people who didn't make the cut in the book that he's already considering a second volume of *Dropped Names*. **THE ASSOCIATED PRESS**



Frank Langella ED OU/THE ASSOCIATED PRESS

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Showing some love to La Belle Ville

TV. Celebrity chef Anthony Bourdain loves Montreal's 'uniquely crazy' food

When celebrity chef Anthony Bourdain was compiling his list of international cities to feature on the TV show *The Layover*, Montreal was a no-brainer for inclusion.

That's because the city's cuisine is "uniquely crazy, uniquely individualistic and rugged and excessive and wonderful," according to the New York City native.

"It says Canada to me," he added during a recent telephone interview.

The premise behind the *The Layover* was simple but highly challenging: Bourdain spent between 24 and 48 hours in each of 10 cities and packed in as much hard living as the liver and the rest of his body could take.

Viewers are taken off the beaten track as Bourdain, who has also written several books and stars in *Anthony Bourdain: No Reservations*, shows them where to visit and where to stay around

The Layover

- The other cities where Bourdain lived large for the series were New York ("the greatest city in the world," he says unabashedly), Singapore, Hong Kong, Miami, London, Rome, Amsterdam, Los Angeles and San Francisco.

the globe.

The Montreal episode also includes debate on whether its bagels are better than New York's, as well as adventures involving dragon boats and surfing on the St. Lawrence River.

"We were looking to do something fast and different, and a little scary, something that challenged and pushed us," says the 55-year-old.

But was it fun?

"Most of the time," is his immediate reply.

"It was difficult. Essentially, it's eight days of serious eating and drinking compressed into two (for the purposes of) the show.

"That's tough. It was very physically demanding and

a little intimidating, a little frightening to embark on a bold new venture like that, especially when you're eating and drinking as much as I was."

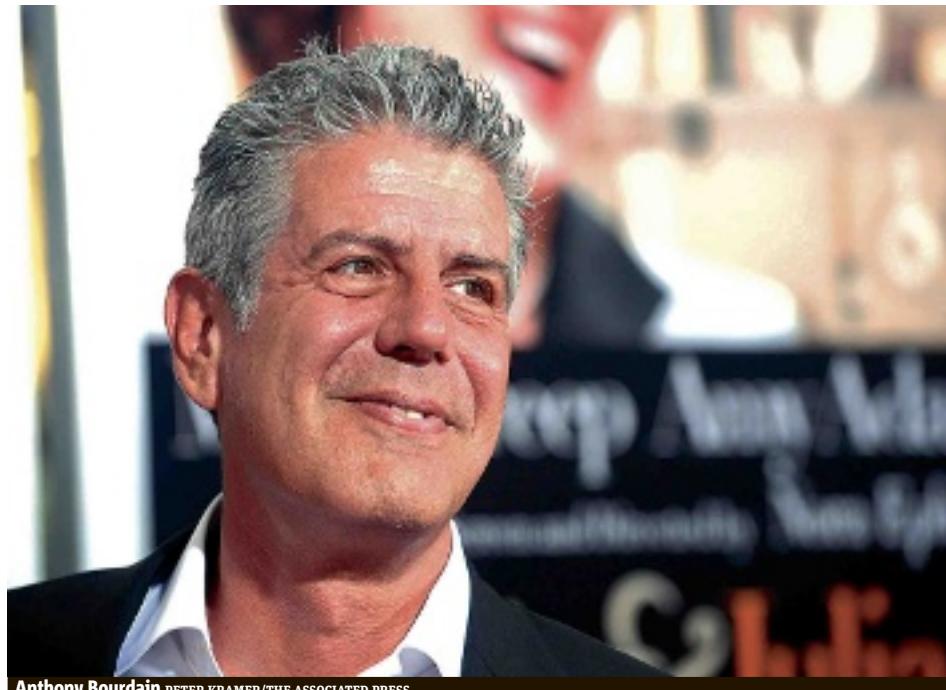
The series has aired in the United States and gets its Canadian debut on Travel + Escape on April 11. The Montreal episode is set for broadcast May 2.

Bourdain has fond memories of Montreal dating back to a book tour in 2001 when local chefs took him under their wing.

"I knew we could make a good show there and have a good time doing it. It's my favourite city in Canada."

"I love the chefs there," he says, ringing off the names of Martin Picard (Au Pied de Cochon) Normand Laprise (Toque) Frederic Morin and David McMillan (both Joe Beef) as some of the outstanding ones.

"It's the most uniquely Canadian food in Canada. In Vancouver the cuisine is a very strong mix of great Asian food from all over Asia, a lot of great home-grown stuff, but the cuisine in Montreal could exist nowhere else other than Quebec."



Anthony Bourdain PETER KRAMER/THE ASSOCIATED PRESS

ada's largest city will be getting in on the fare.

"Toronto will be on the list for sure," he says of a city he has visited several times but never featured on any of his shows.

Bourdain has plans to do another season of *The Layover* this summer and Can-

chefs from elsewhere in Canada, he always hears trash talk about Toronto.

"I feel sort of an obligation to highlight that there is indeed good food there and good people, as I know from personal experience," he says. **THE CANADIAN PRESS**



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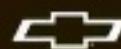
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Justin Bieber

Bieber's phone prank lands him in hot water again

Justin Bieber's latest Twitter antics are causing him some legal trouble.

Bieber posted a random phone number — minus the final digit — and wrote: "Call me right now."

Two Texas residents reportedly received more than 1,000 phone calls and are now suing the Canadian pop

star for damages due to "reckless behaviour," according to Hollyscoop.

What kind of damages are we talking about? Millions? No.

They're reportedly after tickets to a Bieber concert, an apology and an endorsement of an online business run by one of the plaintiffs, among other things.

Twitter



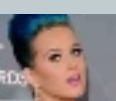
@ParisHilton

At the airport about to take off to Sydney! Haven't been to Australia in a long time, so I'm very excited for this trip! Love it there!



@jimmyfallon

I once was talked into getting a perm. (I was in college & it was free.)



@katyperry

don't believe in the hype.



@SethMacFarlane

There's nothing more grungy-looking than a red-headed person in a '70s movie.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



She's a smooth operator. ALL PHOTOS GETTY IMAGES

What is going on with Bethenny Frankel's marriage?



THE WORD

Dorothy Robinson
scene@metronews.ca

\$120 million dollars. But is she so driven that she's letting her marriage to husband Jason Hoppy suffer?

That's what In Touch is reporting. They say that Hoppy has moved out of their New York City apartment and is staying at a nearby hotel. They report that Hoppy is claiming he ditched the \$5 million Tribeca condo he shares with Frankel and their 23-month-old daughter, Bryn, because of renovations.

But a source thinks he also left because he's fed up with Bethenny's diva behaviour.

"The fighting has gotten worse," the source tells In Touch.

Apparently, Frankel has become overly obsessed with the launch of her L.A.-based talk show.

"Her energy has been nervous and neurotic," the source says. "He can't take it anymore, so he's been doing everything on his own."

Or, this drama could just be fabricated in order for fans to train their attention back on Frankel in time for her talk show, set to launch in September.

She's witchy that way.



Lindsay Lohan

Lindsay Lohan facing another legal battle

With her probation set to end today, Lindsay Lohan is bracing as another legal battle heats up.

Thaer Kamal has reportedly handed over surveillance footage he claims shows the actress hitting him with her car and then driving away outside a Hollywood hookah lounge, according to Radar Online. And Kamal's lawyers may be interested in more than just a hit-and-run investigation, as reports recently surfaced that Kamal has a history of insurance fraud,

something he vehemently denies.

"Thaer feels that Lindsay's camp has bullied him by making up stories that he was being investigated for insurance fraud," a source says. "(His lawyers) will be investigating who made those false statements about Thaer being the focus of insurance fraud investigations and will take the appropriate legal action against those responsible for the false and defamatory comments if necessary."



Megan Fox

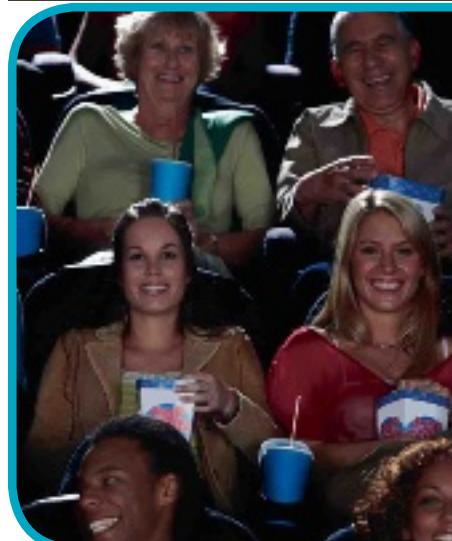
Megan Fox rumoured to be pregnant

After answering a slew of parenting-related questions while promoting Friends with Kids, Megan Fox is reportedly expecting her first child with husband Brian Austin Green, according to Star magazine.

"They just found out,"

a source claims, "And are incredibly excited."

The happy couple won't be sharing the news just yet, though, the source warns. "It's still early, so they are only telling close friends and family members."



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Fashion flash

Emerging icon

The Hunger Games star Jennifer Lawrence is not only replacing Kristen Stewart as Hollywood's most popular teen heroine, but she's out dressing her too. And that *Vogue* cover will be coming in three, two...

Attention needed

Katy Perry and Karl Lagerfeld's man, Baptiste Giabiconi, have been "sneaking" around for all the paparazzi to "catch." Yawn and snore.

We think Baptiste did a better acting job in those *Magnum* commercials.

METRO WORLD NEWS

On the Web



Everyday glamour — a la 'Gatsby' — returns as favourite fashion look for spring.

Trend of the week: white vs. floral brights

Fashion fight. Which trend will win in this spring style dust-up?

KENYA HUNT

Metro World News in London

Forget about the magazines for a second, and let's talk about the trends that women are actually wearing.

When it comes to updating your wardrobe for spring, there seems to be two schools of thought emerging on the street.

In the right corner: Team White. This is a look that is painfully easy to pull off (hurrah) and reliably chic.

A win-win, no? The trick is to wear it head-to-toe — like, ivory trousers and a matching blazer as a fashion forward update on the work suit or white shorts and a co-ordinating button-down as a light way to ease into spring. Just don't eat any condiments with your lunch that day.

And in the left: Team Floral Brights — a look that



Head-to-toe white in London...

MICHELLE BOBB-PARRIS



And in Paris. KARL-EDWIN GUERRE



Bright florals spotted on the street in Paris... GIA TONICS



And in Milan. GIA TONICS

was adopted by practically every fashion editor during last month's ready-to-wear shows. You can take the

whole-hog approach by mixing them in different colour ways and layering them on generously or just dip one

toe into the trend pool by limiting the print to a single pair of jeans or a skirt—the bolder the colour, the better.

Team White

H&M

Leather vest
\$199, HM.COM



Team White

Mango

Tailored trouser
\$63, ASOS.COM



Team Floral Brights

Carin Wester

Blouse
\$150 PIXIEMARKET.COM



Team Floral Brights

Goldsign

Jeans
\$225, NETAPORTER.COM



Team Floral Brights

Elizabeth and James

Pajama pants
\$325, SHOPBOP.COM



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@Jeanne_Beker: How many prs of shoes does one really need to take on a beach vacation? Flip flops, sneakers, wedges, stilettos.. + how many of each? Arghh!

@joanna242
Leave the sneakers behind and pack a couple of extra pairs of sexy sandals...

@Jeanne_Beker
But what if I want to hit the tennis court? Or go for a sail???

@jamillahross
Barbados is very fashionable. I'd pack more shoes, not less.

@Jeanne_Beker
Good advice!!!



@Jeanne_Beker: Overlooking The Crane beach...out for a pre-dinner cocktail with @qualityslippers + @joeyoneil

@Jeanne_Beker: Barbados: Heaven on earth! My terrace at The Crane. Savouring EVERY second. And I just got here!!!



@Jeanne_Beker: Just been offered a rum punch at 9:30 am! Where else but on a Catamaran "Cool Runnings" cruise?

@sarahleeswagger
try pasoña, it will electrify your taste buds - i promise.

@DanielRWilson
I trust you said yes. Only to be polite, really.

@fashionNE
I would kill for some of that rum punch right now, feels like a Monday morning here in the real world

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A leg up on the bolds and brights

Bottoms up. Ditch those dull blue jeans in exchange for some extra loud leg-wear

Your attention, please: One of the easiest ways to spruce up your wardrobe this spring is with a splash of colour. It doesn't have to go on your lips or over your shoulder — and not across your chest, either. This season, the place for bold colour is on the bottom.

Coloured denim and, by extension, every other kind of pants and trousers in hues as bright as the rainbow, are a key look in stores at every end of the shopping spectrum. Part of the pervasiveness is that it's pretty democratic: You find the shape and silhouette that you like best and find the shade that best complements your skin tone. Swap out blue or khaki and, voila, you're on trend.

Think of it as you would a fresh coat of paint.



Colour on colour? Yes please!

AMERICAN EAGLE OUTFITTERS/
THE ASSOCIATED PRESS

"You can't deny what's going on with colour," says Daniel Guez, CEO and creative director of the upscale denim label Dylan George. "Everyone can participate in this."

Yes, bright yellow bottoms might seem a little intimidating at first, says Tana Ward, American Eagle's chief merchandising officer, but adds,

"We see coloured bottoms as easy to wear, believe it or not."

Reverse whatever outfit you would have worn before, she suggests: Instead of jeans and a bold pink or red top, put the colour on the bottom and pair it with a denim chambray shirt — maybe even a western style — or go for a little femininity with a white lace tank top peeking out the top of a crisp white or blue button-down. You're also likely to find an easy transition into crocheted or other loose-weave sweaters in natural, neutral colours, too, Ward says.

However, she adds, while there are many user-friendly ways to wear coloured pants, don't expect any of them to go unnoticed. Turning a few heads is the point, Ward says, and eventually you'll gain the confidence to put the bright top with the bright bottom. "Being bold is very modern ... and the most modern way to do this is colour on colour. Wear the unexpected — a red bottom, tangerine tank and cobalt blue cardigan." THE ASSOCIATED PRESS

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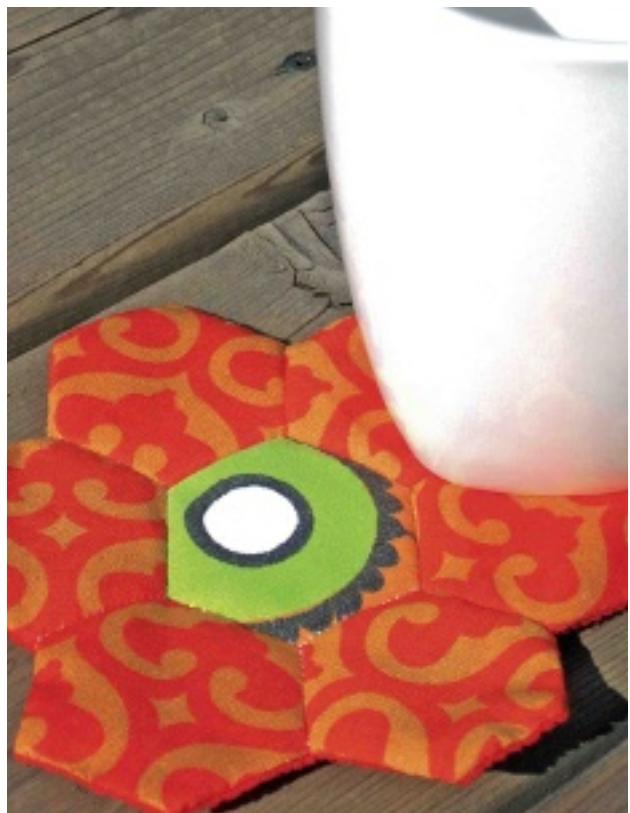


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Make your own fabric coaster with the English paper-piercing method



The finished product — now reward yourself with a cuppa. COURTESY ANDREA SADGROVE

DIY ideas. Using a simple paper template, you can create a handmade cup rest

As a child, artisan Andrea Sadgrove made tiny quilts from felt scraps for her toys. Her love of sewing developed into Liligo — a business making children's clothes from recycled and organic cottons.

For this week's DIY, Sadgrove shows Metro readers how to do the English paper-piercing method. She enjoys the portability of

this quilting technique as it is done by hand.

Step 1: Cut out seven one-inch hexagon templates from paper (you can buy pre-made templates, or find some on the Internet). Using a ruler and pencil/chalk, cut seven fabric squares, each measuring 2.5 inches (you can make a template from cardboard, or buy these read-made from a quilting supply store or online).

Step 2: Pin a paper hexagon to the centre of each fabric square. Fold down the fabric as shown and baste around the entire hexagon, taking

care to stitch through the fabric only, not the paper.

Step 3: Repeat with the remaining six hexagons and fabric. Stitch the hexagons together using a whipstitch or ladder stitch, again taking care to just sew through the fabric layers, not the paper.

Step 4: Press well. This is your coaster top. Using the coaster top as a guide, draw around it onto a piece of felt (this will become your backing). Remove the papers from inside the hexagons; you can reuse these for more coasters. Sew the

What you'll need:

- Sewing stuff.** Scissors, pins, needle, thread

- Assorted fabric scraps.** Each piece should be large enough to cut out a 2.5-inch square (seven squares in total)

- Drawing tools.** Ruler and pencil/dressmaker's chalk

- Felt.** It should be around a six-inch square for the back of the coaster. "I recommend 100 per cent wool felt as it doesn't shrink when washed, has a good feel to it and is environmentally friendly. You can use eco-felt if you wish, as it also doesn't shrink, but it's generally not as thick and is more shiny, so more slippery," says Sadgrove.

backing to the quilt top, wrong sides together, using a coordinating thread so that stitches do not show.



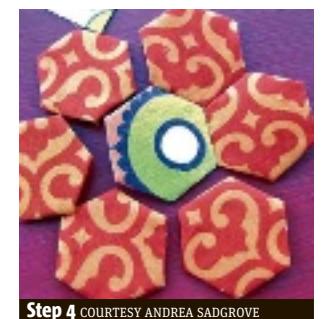
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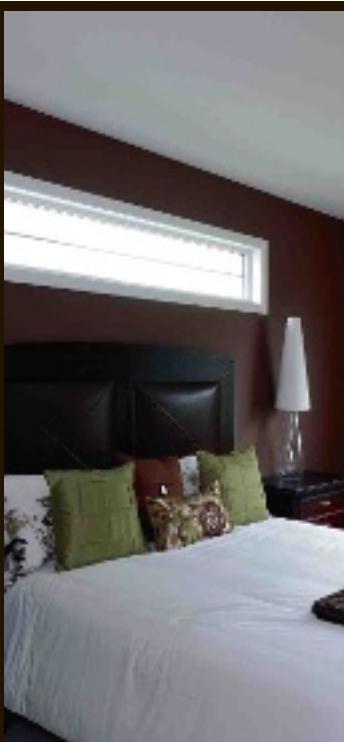
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The right-size furniture really does matter

Decor ideas. A measuring tape is a mover's best friend

I am moving into a spacious walk-up apartment.

I am concerned that the narrow hallways and stairwells might impede me from getting larger furniture pieces into my space. Any ideas or design tricks?

Tina Daenz, via email.



DESIGN
CENTRE
Karl Lohnes
home@metronews.ca

As a former walk-up apartment renter myself, I know your anxiety around getting furniture up.

Here's a few things you should be cautious of when ordering furnishings, and a few moving solutions I learned.

Bed
If a king-size bed is your choice then opt for the split-box spring. Each piece is the size of a single box spring, which makes it easy to move around in tight spaces. You can also choose two smaller mattresses



Forgo a long sofa and consider individual club chairs in the living room. Tess hair, \$1,380, Crate and Barrel. CRATE AND BARREL



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Ikea Stockholm glass-door cabinet in black, \$399. IKEA

(called twin plus), which is great for customizing your comfort level from one side to the other, and still enjoy the size of a king bed. Coordinate the split bed with one king-size headboard and bedskirt to give a finished king-size look to the bed.

Couch

If a comfy sofa is just too large to be brought up a skinny staircase, consider a grouping of lightweight, small-scaled club chairs. You'll create a lounge feel with the chairs around a cocktail table or large round ottoman and you'll be seating as many people as if you had the traditional sofa and chair set. Plus, you'll have more flexibility for rearranging the furniture during holidays and parties (see the Tess Chair, above).

Forget about a sleeper sofa altogether; not only are they heavy, they are usually much deeper in size than a regular sofa (the extra depth helps contain the mattress mechanism).

Cabinets

Armoires and china cabinets too large? Find furnishings

that disassemble or can be placed together once inside the desired room. If choosing a china cabinet, make sure it comes in the form of a credenza and hutch; each piece will be easier to move up and down stairs.

You can also purchase three or four smaller cabinets or bookshelves and line them up along a long wall for the look of one large piece of furniture (see the Stockholm Glass Cabinet, left).

Like a 'ship in a bottle'

Here's a list of easily-moved items that can offer big impact and still move easily up the stairs:

- **Area rugs.** Look for colourful, large patterned rugs to fill a room with style.
- **Draperies.** Make small windows look larger by hanging draperies on the dead wall space beside windows.
- **Artwork.** A big mirror or a piece of art helps create a focal point in a room and offers something large-scale without taking up precious floor space.
- **Paint.** If you've got a naturally dark room in your place paint it a dark colour for unexpected drama.
- **Lighting.** Whether you are renting or own your home, new lighting is a great way to make a place feel sexy at night. A single spotlight on a piece of art or a dramatically painted wall washed with light will help create a special mood in your new place.

Hard-to-kill house plants

Some people have a toxic touch when it comes to caring for house plants — meaning they forget or don't have time to water them.

London-based horticulturalist Carlos Magdalena gives us five low-maintenance species that'll survive almost complete neglect.

METRO WORLD NEWS

For the living room: Moth Orchid (Phalaenopsis orchid)

"This produces a beautiful cascade of flowers in different colour varieties and is best placed in shady places. They do tend to die if over-watered, so it's perfect for forgetful types."



For the bathroom: Bromeliad (Bromeliaceae)

"Its leaves can be watered via the shower. The flowers in the centre of the plant come in very bright reds and oranges. Although the flowers do not last long, the spike that appears in the middle is an eye-pleaser."



For the hallway: Monstera 'The Swiss cheese plant'

"This tropical-looking plant can survive in a low humidity and low light environment," Magdalena says. "It's known as the 'Swiss cheese' plant because of the holes in its leaves. It's a large plant, so it will need a relatively generous space."



For the kitchen: Madagascar jasmine (Stephanotis floribunda)

"Stephanotis has thick leaves and requires some water. The one thing to remember with this plant is to keep it away from radiators."



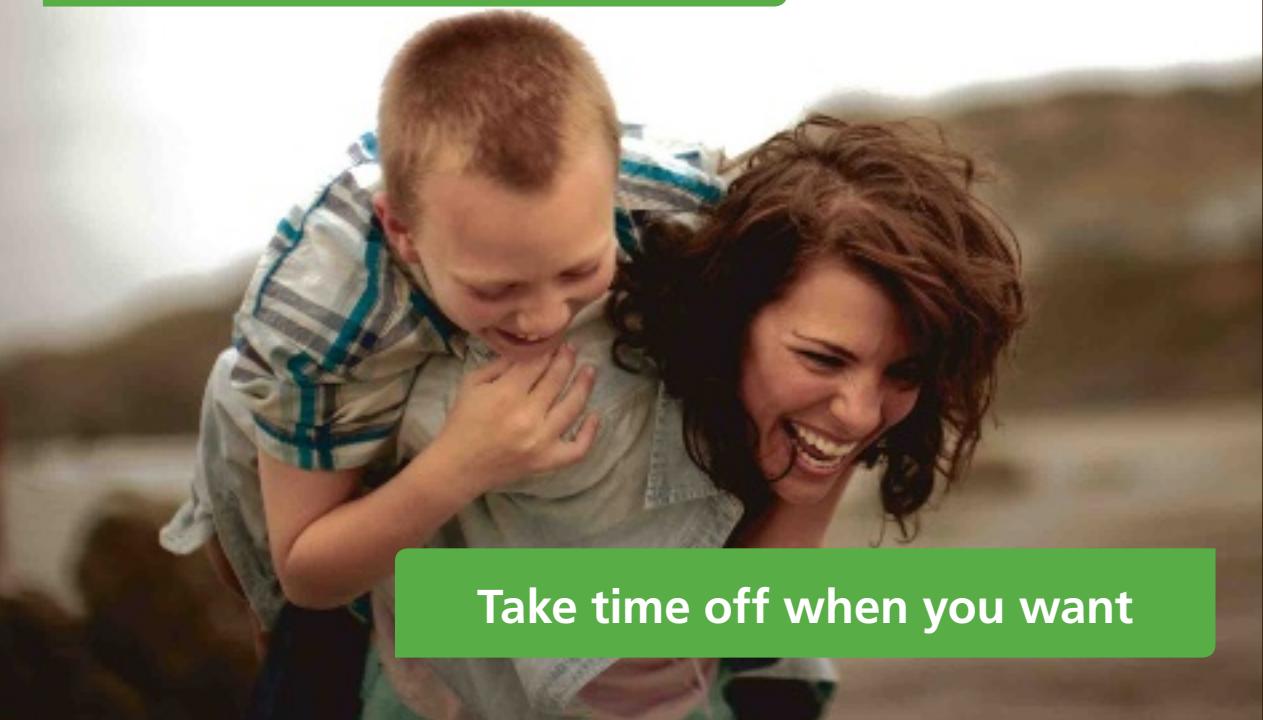
For the bedroom: South African violet (Saintpaulia)

"This one would be ideal for the bedroom because it is compact and could fit on a bedside table. It'll survive in low light and it likes to be neglected. You can leave it for over a week without water."



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JEFF
O'REILLY
For Metro

When it comes to classic styles and classic beers, the Czech Republic has much to be proud of.

Not only was its city of Plzeň (better known under its German name of Pilsen) the original home and source of lager and the popular Pilsner style, the brewing city of České went on to create some amazing beers better known under the German name of the town — Budweis.

And rather than rambling on about all the legal proceedings that would follow causing this glorious beer to be sold as Budweiser in the Czech Republic, Budvar in Europe and Czechvar in North America, I would prefer not talk about who it inspired, but rather look directly at "The Beer Of Kings" and not "The King of Beers."

Since 1265, the Bohemian city of "Budweis" has enjoyed a rich brewing tradition and it stands to reason that anything or anyone from this area could be called a "Budweiser," and when Czech King Premysl Otakar II granted its citizens the right to brew and sell beer, the local beer quickly gained a reputation for quality and a loyal following amongst the Imperial and Royal Courts.

In 1895, when the large brewery Budějovicky Pivovar (or Budweis Brewery) was founded, the beer would simply shrink the name (in a way that may have also later inspired the Brangelinas, Beniflers and TomKats of Hollywood) and go on to be called

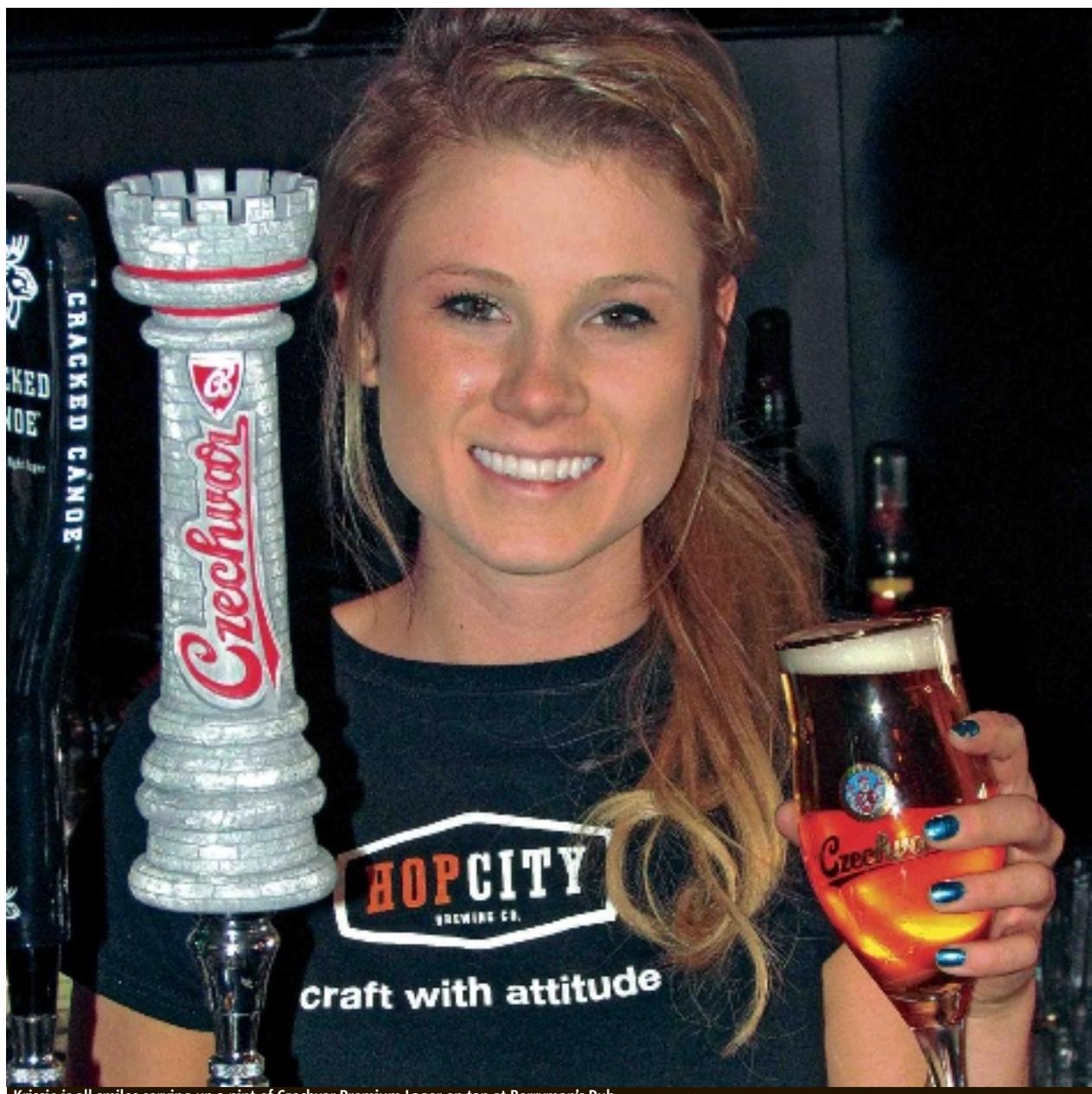
Budvar and Czechvar. A strict adherence to the Bavarian purity laws allows the quality of their ingredients to shine. Using only pale malts and Saaz hops, the brewery is blessed with a natural soft water source from a 1,000-plus-year-old well and an innovative brewing process, it also cel

lars, or "lagers," the beer for a

full 90 days — which is an extremely long time by anyone's brewing standards. The results are worth it, as this classic beer has stood the

test of time. Czechvar Premium Lager (five per cent alcohol by volume, 500 ml, \$2.45 LCBO) pours a bright, clear golden colour with a tight white head. The grassy, floral and grainy notes in the aroma are

inviting, and the crisp flavours of lemon grass, cereal grains and dry bready malts in a very smooth and clean perfectly carbonated medium-bodied soft mouth feel that refreshes while finishing dry and slightly bitter. Czech please!



Krissie is all smiles serving up a pint of Czechvar Premium Lager on tap at Berryman's Pub. JEFF O'REILLY/FOR METRO

Easter feasts. Some versatile wine options



SUSAN
DESJARDINS
For Metro



IF I HAD \$100 ...
TO SPEND
AT VINTAGES

Wines for "Easter Feasts" — brunch or dinner — are abound in the March 17 LCBO Vintages release. Three versatile options include: Zuccardi Chardonnay/Viognier, Tawse 'Sketches' Rosé, and Finca Sobrino Crianza. Celebrate Easter or the early spring with Tenuta S. Anna Extra Dry Prosecco!

Tenuta S. Anna 'Extra Dry' Prosecco, Italy (LCBO #169128 \$15.95)

Fine, frothy and fruity, with a clean refreshing finish.

Tawse 'Sketches' Rosé 2011, Niagara (LCBO #172643, \$15.95)

Fresh floral notes, cherry/berry aromas and a juicy texture. Sip away!

Zuccardi 'Serie A' Chardonnay/Viognier 2010, Argentina (LCBO #262097, \$14.95)

Dry, ample, round, well balanced and flavourful, a great choice for Easter brunch or dinner!

Hecht & Bannier Côtes du Roussillon-Villages 2008, France (LCBO #142802, \$22.95)

A red blend of Grenache Mourvèdre and Syrah, it's complex, structured, intriguing — and cellar worthy.

Finca Sobrino Crianza 2008, Spain (LCBO #40360, \$17.95)

A robust Tempranillo with a lasting warm spicy finish. Great value, flavour and aging potential.

GRAND TOTAL: \$87.75

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Elegant opulence

Chateau Laurier. Treat someone to afternoon tea at Zoe's Lounge

SAMANTHA EVERTS
For Metro

No white gloves are needed, but reservations are a must at Zoe's. If not a dated ritual, Afternoon Tea at the Chateau Laurier is a fun excuse to treat someone you love to the highest opulence the city has to offer; chandeliers and grand piano included.

With more than 20 teas to choose from, the tea cart is a spectacle in itself with a beautiful Russian samovar and all the teas pressed in glass to see their lavish ingredients. A silver bowl is scooped for a sample to be approved by smell before finalizing your choice that can range from 1908 Fairmont black tea to a caramel-infused Maple Maple, or delicate peach apricot white tea.

Essentially a light five-course meal, a three-tiered platter is presented with scones on the bottom to rich French pastries on the top, finishing with dark-chocolate



A platter for afternoon tea at Zoe's Lounge in the Chateau Laurier.

SAMANTHA EVERTS/FOR METRO

covered strawberries. Again, extravagance is not spared in the presentation. Positively decorated with the finest China and linens, a bowl of crème fraîche and strawberry jam awaits to be smeared on still warm cranberry buttery scones that sit on the bottom tier.

The miniature cucumber sandwiches had truffled goats cheese instead of cream

English tradition

- High Tea at the Chateau Laurier is an opulent experience dined in mainly for special occasions.
- The elegant lounge upholds English tradition of high tea with three set menus.
- Part of the decadence to the experience is the ritual and excellent service.

cheese, adding a heightened richness. The elegant open-faced smoked Atlantic salmon was savory with capers on pumpernickel, but even though the duck breast was a little dry, the choke-cherry jelly and sliver of green grape made it a delectable morsel.

Many a mother-daughter duo was spotted, but according to the hostess it is also a popular place for Sweet Sixteens and children's parties with their "Little Prince and Princess" tea option.

The Chateau Laurier is located at 1 Rideau St.

For more information, see fairmont.com/laurier.



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Shake up your favourite comfort foods with new ingredients

Sweet Potato and Sausage Shepherd's Pie. This dish combines elements of the classic and some new tasty additions

Some people are adamant about keeping dishes like Shepherd's Pie traditional.

For those who are not, this version uses corn, a thick bed of mashed sweet potatoes, a sausage base and some lean ground beef for good measure.

The result is savoury and sweet in just the right balance.

1. Heat oven to 200 C (400 F). Lightly oil a standard loaf pan.

2. Place sweet potatoes in a large pot and add enough water to cover by 2.5 cm (1 inch). Bring to a boil and cook until tender, about 10 minutes. Meanwhile, in a

Ingredients

- 2 sweet potatoes, peeled and cut into chunks
- 15 ml (1 tbsp) olive oil
- 4 cloves garlic, minced
- 1 yellow onion, diced
- 250 g (1/2 lb) loose Italian sausage meat
- 250 g (1/2 lb) lean ground beef
- 1 ml (1/4 tsp) black pepper
- 175 ml (6 oz) stout or other dark beer (about half a bottle)
- 22 ml (1 1/2 tbsp) cornstarch
- 30 ml (2 tbsp) cool water
- 1 can (398 ml/14 oz) corn kernels, drained
- 1 small can (about 245 ml/8 1/4 oz) creamed corn
- 125 ml (1/2 cup) milk
- 30 ml (2 tbsp) butter
- 15 ml (1 tbsp) brown sugar
- Salt, to taste

large skillet over high, combine olive oil, garlic and onion. Sauté for 5 minutes or until just tender.

3. Add sausage, beef and pepper. Sauté until meat

is browned and cooked through, about 8 minutes. Add beer and simmer until reduced by half, about 4 minutes.

4. In a small glass, mix cornstarch with cool water. Add cornstarch mixture to meat and stir until thickened. Remove from heat.

5. Spread meat and onion mixture evenly in loaf pan. In a small bowl, mix corn kernels and creamed corn, then spread in an even layer over meat. Set aside.

6. Once the sweet potatoes have cooked, drain and return them to the pot. Add the milk, butter and brown sugar, then mash potatoes until smooth. Season with salt.

7. Spoon the potatoes evenly over corn. Bake for 35 minutes or until the potatoes are lightly browned at the edges.

THE ASSOCIATED PRESS

Sweet Potato and Sausage Shepherd's Pie



This recipe serves six. MATTHEW MEAD/THE ASSOCIATED PRESS

Cookbook of the Week

The One Dish Collection



There's nothing quite like classic comfort dishes. That's why food director Annabelle Waugh and the test kitchen staff at Canadian Living magazine have released The One Dish Collection (Transcontinental Books, \$26.95).

The book contains 183 recipes with 80 illustrations that came from staff members who remembered their favourite meals as youngsters growing up.

The recipes are split into the chapters: soups, stews, hearty salads, casseroles, skillets and simmers, and pastas and risottos. THE CANADIAN PRESS

Ham & Cheese sandwich gets a bistro feel

Chef Melissa Craig of the Bearfoot Bistro in Whistler, B.C., created this delicious grilled cheese sandwich for a recent competition in Toronto.

1. Chop tomatoes, olives, garlic and capers. Place in bowl. Add olive oil, stir in Parmesan

and finish seasoning with fresh pepper. Set tapenade aside.

2. Preheat grill to low heat. Slice ciabatta into round disks about 1 cm (1/2 inch) thick.

3. Assemble each sandwich with Swiss cheese, ham and

arugula. Lightly brush both sides of bread with olive oil. Lightly grill each side over very low heat. Remove from grill and place on plates with tapenade on top. DAIRY FARMERS OF CANADA, DAIRYGOODNESS.CA/RECIPES/HAM-GRILLED-CHEESE/EMILY RICHARDS (VISIT, EMILYRICHARDSCOOKS.CA)

Ingredients

- 1 rustic ciabatta bread
- 125 ml (1/2 cup) olive oil
- 250 g (8 oz) Swiss cheese
- 270 g (9 oz) smoked ham
- 1 bunch arugula leaves
- Cracked black pepper
- Tapenade
- 60 g (2 oz) sun-dried tomatoes, soaked
- 30 g (1 oz) kalamata olives
- 1/2 clove garlic, chopped
- 15 ml (1 tbsp) capers
- 35 ml (25 ml/1/8 cup plus 10 ml/2 tsp) olive oil
- 30 ml (2 tbsp) Parmesan cheese

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Nobody said it would be easy



THE HOCKEY
NEWS
Murray Pam
ottawa@metronews.ca

Senators fans have witnessed their share of highs and lows through the past 20 seasons, but I cannot recall a two-week span during which their club has sent them on such an emotional roller-coaster.

On March 16, for one night only, thanks to Filip Kuba's overtime goal against Montreal, the Senators vaulted into the Northeast Division lead. Less than 24 hours later, a listless effort against Toronto sucked the wind from the sails. Subsequent losses to New Jersey and the Habs sent the club's fanatics into a tizzy. A reservation in the post-season, which seemed to be a sure bet, was suddenly dangling by a two-point thread.

Then came the curious cure to what ailed them: Sidney Crosby and the Pittsburgh Penguins. The Pens hadn't lost in regulation in 19 games and were facing an Ottawa squad that had scored six goals in a five-game stretch. Naturally, an eight-spot by the home team in an 8-4 triumph was predictable, right?

Kidding aside, the Sens have elevated their play against good teams this season. Or as Jason Spezza explained, the club

does not like to get "licked" by teams above them in the standings. That would help explain their 12-9-5 record against the upper echelon in the Eastern Conference.

Monday evening, the Senators had a date in Winnipeg. This time they were able to maintain their momentum, defeating the Jets 6-4, getting a two-goal third period from captain Daniel Alfredsson to go along with his four-point night against the Pens. The win effectively put a final nail in the Jets' playoff hopes.

So what lies ahead? Three teams — Ottawa, Buffalo and Washington — are vying for two playoff berths, and each club has five games remaining.

Senators, 88 pts: @PHI, @NYI, CAR, BOS, @NJ

Sabres, 86 pts: @ PIT, @ TOR, TOR, @PHI, @BOS

Capitals, 84 pts: @BOS, MTL, @TBL, FLA, @NYR

The Senators hold the hammer and all important tie-breaker if they finish even with the Sabres. If Ottawa earns victories in three of its final outings, the Sabres would have to gain nine of 10 points, while the Caps would have to run the table in order to knock the Senators out of a post-season berth.

Sens fans will have to stay strapped in for the next five games, or at least until the ride comes to a full stop.



Ottawa Senator Daniel Alfredsson celebrates after scoring a third-period goal as Winnipeg Jet Zach Bogosian looks on in Winnipeg on Monday. TREVOR HAGAN/THE CANADIAN PRESS



SPORTS

Final Four

Never too old to fight for their team

Authorities say the Kentucky-Louisville basketball rivalry boiled over at a Kentucky dialysis clinic when one patient punched another during an argument about the teams. Georgetown police Lt. Robert Swanigan says the altercation began Monday with a verbal exchange between the 68-year-old Kentucky fan and 71-year-old Louisville fan. The men were arguing over who will win when the teams meet in the Final Four on Saturday.

THE ASSOCIATED PRESS

On the web



LeBron James has a dislocated finger but, despite doctors' wishes, will take the floor for the Heat as the Dallas Mavericks return to Miami for the first time since winning the NBA championship last June at American Airlines Arena. Scan the code for the story.

Ichiro still big in Japan as MLB opens season



Mariners right-fielder Ichiro Suzuki, right, celebrates with teammates in Tokyo on Wednesday. CHRIS MCGRATH/GETTY IMAGES

Ichiro Suzuki gave his fans in Japan a performance to cheer about.

Suzuki had four hits in his return home, Dustin Ackley homered and singled in the go-ahead run in the 11th inning, and the Seattle Mariners beat the Oakland Athletics 3-1 Wednesday night in baseball's season opener in Tokyo.

"It was very special to open in Japan," said Suzuki, who spent nine seasons in Osaka

with the Orix Blue Wave. "I wanted to have fun and give the fans something at this special time and wanted to share a special moment with them."

The capacity crowd of 44,227 at Tokyo Dome gave Suzuki a standing ovation when he took his position in right field in the final inning.

MLB and the players' association are using the series to assist rebuilding in Japan following last year's earthquake and tsunami.

Felix Hernandez combined with two relievers on a six-hitter as MLB opened its season in Tokyo for the fourth time.

Seattle and Oakland complete their two-game series Thursday. The rest of the big-league teams start to get going April 4, when the renamed Miami Marlins open their new ballpark against the World Series champion St. Louis Cardinals. THE ASSOCIATED PRESS

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-NY Rangers	76	48	21	2	5	209	170	103	26-10-0-2	22-11-2-3	6-4-0-0	W2
d-Boston	76	45	28	1	2	249	186	93	23-13-1-1	22-15-0-1	5-5-0-0	W3
d-Florida	76	37	24	5	10	189	208	89	20-9-1-9	17-15-4-1	6-1-0-3	W1
x-Pittsburgh	76	47	23	3	3	256	200	100	27-9-2-0	20-14-1-3	7-2-1-0	L1
x-Philadelphia	76	44	24	2	6	241	213	96	21-12-1-4	23-12-1-2	6-3-0-1	L1
New Jersey	77	43	28	2	4	208	201	92	21-13-0-4	22-15-2-0	5-4-0-1	W1
Ottawa	77	39	28	6	4	236	227	88	20-15-2-2	19-13-4-2	5-3-0-2	W2
Buffalo	77	38	29	4	6	202	210	86	20-11-3-5	18-18-1-1	7-1-0-2	W5
Washington	77	38	31	4	4	206	219	84	24-11-2-2	14-20-2-2	5-3-1-1	L1
Winnipeg	76	35	33	4	4	205	223	78	23-12-1-3	12-21-3-1	4-6-0-0	L2
Tampa Bay	76	35	34	4	3	216	260	77	23-14-1-2	12-20-3-2	4-5-1-0	L1
Carolina	77	31	31	9	6	205	228	77	19-13-1-5	18-18-1-1	6-4-0-0	W1
NY Islanders	76	32	33	7	4	185	227	75	15-16-5-1	17-17-3-2	5-3-1-1	W2
Toronto	77	33	35	4	5	217	242	75	16-15-3-4	17-20-1-1	3-5-0-2	L2
Montreal	77	29	34	4	10	199	214	72	14-15-2-8	15-19-2-2	4-2-2-2	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-St. Louis	77	48	20	1	8	199	147	105	30-4-1-3	18-16-0-5	6-2-0-2	W2
y-Vancouver	76	46	21	2	7	230	187	101	22-10-0-4	24-11-3-2	5-4-1-0	W3
d-San Jose	76	39	27	5	5	210	196	88	24-12-2-1	15-13-4-3	6-3-1-0	W3
x-Detroit	76	46	25	3	2	237	187	97	30-5-1-1	16-20-2-1	3-5-2-0	W2
Nashville	77	44	25	3	5	219	202	96	24-9-2-3	20-16-1-2	5-4-0-1	L1
Chicago	77	42	26	4	5	231	222	93	26-8-4-1	16-18-3-1	6-2-0-2	L2
Dallas	76	41	30	1	4	202	202	87	22-14-0-3	19-16-1-1	6-4-0-0	L1
Phoenix	77	37	27	3	10	200	202	87	19-13-2-4	18-14-1-6	4-2-0-4	L2
Los Angeles	76	37	27	5	7	175	165	86	21-14-0-4	16-13-5-3	6-4-0-0	L2
Colorado	78	40	32	4	2	201	207	86	22-15-1-1	18-17-3-1	5-3-1-1	L3
Calgary	77	35	27	6	9	191	212	85	21-10-1-5	14-17-5-4	5-1-2-2	W1
Anaheim	76	32	33	5	6	191	212	75	20-17-2-0	12-16-3-6	4-5-1-0	L1
Minnesota	76	31	35	2	8	161	210	72	17-16-1-3	14-19-1-5	3-7-0-0	L3
Edmonton	76	31	36	3	6	206	223	71	18-15-2-3	13-21-1-3	5-2-1-2	W2
Columbus	76	24	45	2	5	177	250	55	14-21-1-2	10-24-1-3	3-7-0-0	L2

x — clinched playoff berth; d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

N.Y. Rangers at Winnipeg
Detroit at Columbus
Los Angeles at Calgary
Dallas at Edmonton
Colorado at Vancouver
San Jose at Anaheim

Tuesday's results

Carolina 3 Toronto 0
Florida 3 Montreal 2 (SO)
Boston 5 Tampa Bay 2
Buffalo 5 Washington 1
New Jersey 2 Chicago 1 (SO)
N.Y. Islanders 5 Pittsburgh 3
N.Y. Rangers 3 Minnesota 2
St. Louis 3 Nashville 0

Tonight's games

All Times Eastern
Washington at Boston, 7 p.m.
Philadelphia at Toronto, 7 p.m.
Tampa Bay at New Jersey, 7 p.m.
Pittsburgh at N.Y. Islanders, 7 p.m.
Florida at Minnesota, 8 p.m.
St. Louis at Chicago, 8:30 p.m.
San Jose at Phoenix, 10 p.m.

Tomorrow's games

Winnipeg at Carolina, 7 p.m.
Florida at Columbus, 7 p.m.
Montreal at N.Y. Rangers, 7:30 p.m.
Pittsburgh at Buffalo, 7:30 p.m.
Nashville at Detroit, 7:30 p.m.
Colorado at Calgary, 9 p.m.
Los Angeles at Edmonton, 9:30 p.m.
Dallas at Vancouver, 10 p.m.

Saturday's games

Boston at N.Y. Islanders, 1 p.m.
Ottawa at Philadelphia, 1 p.m.
Buffalo at Toronto, 7 p.m.
Montreal at Washington, 7 p.m.
New Jersey at Caroline, 7 p.m.
Winnipeg at Tampa Bay, 7 p.m.
Columbus at St. Louis, 8 p.m.
Chicago at Nashville, 8 p.m.
Los Angeles at Minnesota, 8 p.m.
Anaheim at Phoenix, 9 p.m.
Calgary at Vancouver, 10 p.m.
Dallas at San Jose, 10:30 p.m.

SCORING LEADERS

	G	A	PT
Malkin, Pgh	46	53	99
Stamkos, TB	55	35	90
Giroux, Pha	27	59	86
Spezza, Ott	31	49	80
Neal, Pgh	37	41	78
Kessel, Tor	36	41	77
Kovalchuk, NJ	32	43	75
Tavares, NYI	31	44	75
Karlsson, Ott	19	56	75
Hossa, Chi	29	45	74
Eberle, Edm	32	41	73
H.Sedin, Vcr	13	60	73
Thornton, SJ	16	56	72
Ra.Whitney, Phx	23	48	71
Elias, NJ	25	45	70
St.Louis, TB	24	46	70
Gaborik, NYR	38	31	69
Pominville, Buf	29	39	68
Eriksson, Dal	26	42	68
E.Staal, Car	23	45	68
D.Sedin, Vcr	30	37	67
Lupul, Tor	25	42	67
Zetterberg, Det	21	45	66
Hartnell, Pha	36	29	65
Kopitar, LA	24	41	65
Parenteau, NYI	16	49	65
Moulson, NYI	34	30	64
Iginla, Cal	31	33	64
Parise, NJ	30	34	64
Sharp, Chi	30	34	64
Filppula, Det	23	41	64
Selanne, Ana	24	39	63
Datsyuk, Det	18	44	62
Ovechkin, Wash	36	25	61
Benn, Dal	26	35	61
Seguin, Bos	26	35	61
B.Richards, NYR	24	36	60
P.Kane, Chi	20	40	60
Purcell, TB	20	40	60
Wheeler, Wpg	17	43	60
Ryder, Dal	33	26	59
Couture, SJ	30	29	59
Pacioretty, Mtl	30	29	59

Not including last night's games

BASKETBALL

NCAA MEN'S TOURNAMENT

FINAL FOUR

At New Orleans
All Times Eastern
SEMI-FINALS
Saturday's games

Kentucky (36-2) vs. Louisville (30-9), 6:09 p.m.

Ohio State (31-7) vs. Kansas (31-6), 8:49 p.m.

CHAMPIONSHIP

Monday, April 2

Kentucky-Louisville winner vs. Ohio State-Kansas winner, 9 p.m.

LACROSSE

NLL

WEEK 13

All Times Eastern

Tomorrow's game

Calgary at Minnesota, 8:30 p.m.

Saturday's games

Colorado at Rochester, 1:05 p.m.

Toronto at Buffalo, 7:30 p.m.

Minnesota at Edmonton, 9 p.m.

Washington at Calgary, 9 p.m.

Portland at L.A. Clippers, 10:30 p.m.

CALENDAR

April 26 — Regular season ends

April 27 — Rosters set for playoffs, 3 p.m. EDT

April 28 — Playoffs begin

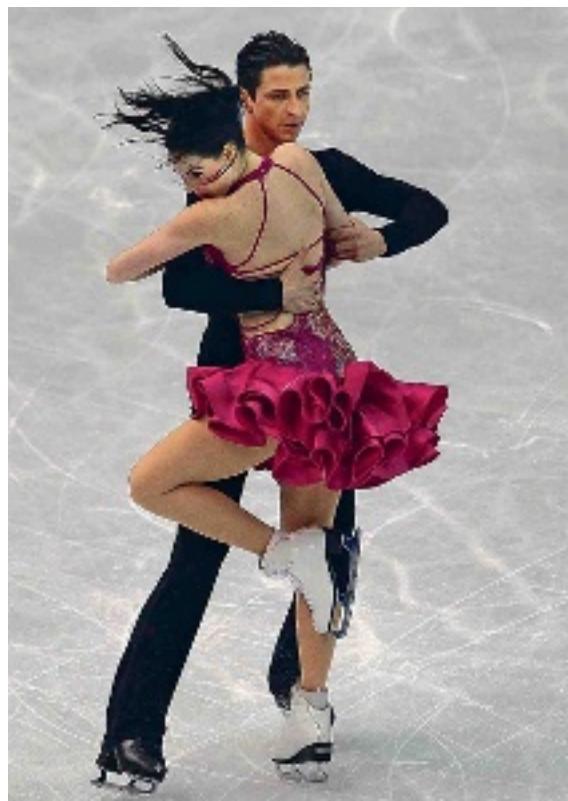
April 29 — Draft early entry eligibility deadline, 11:59 p.m. ET

May 30 — Draft lottery

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
x-Chicago	40	11	.784	—
d-Miami	35	13	.729	3½



World-class start for Canada

Canada's Olympic ice-dance champions Tessa Virtue and Scott Moir, above, are a step closer to reclaiming their world title in Nice, France. The duo won Wednesday's short program with a 72.31 score, edging American rivals and defending champions Meryl Davis and Charlie White, who scored 70.98.

FRANCOIS MORI/THE ASSOCIATED PRESS

'Anything can happen,' says captain

CONCACAF. Canadian soccer team looking to advance to Olympics

Canada is hoping for one more dramatic twist at an already surprising CONCACAF men's Olympic soccer qualifying tournament.

After a shock 2-0 win against the U.S. and a disappointing 1-1 draw with Cuba in group play, the Canadian under-23 team will need a monumental performance against Mexico in Saturday's semifinal to advance to the London Games.

And the team needs to look no further than its captain for inspiration.

Nana Attakora is a player who has experienced success against Saturday's opponent, having led the Canadian U-20

team that defeated Mexico in 2009.

"They're humans just like us," Attakora said from Kansas City. "They'll make mistakes and we can't look at them like they can't be beat."

Canada wasn't expected to make it out of the group stage, let alone be one win away from London.

"It was a tough group — El Salvador, great team. U.S. obviously has a ton of great young players," Attakora said. "Getting out of the group has been an accomplishment. I think if we work hard, we've proven that anything can happen."

The 22-year-old defender sat helplessly on the bench Monday as the Cubans snatched a late equalizer on a set piece to deny the Canadians a chance at top spot in their group.



Canada's Marcus Haber reacts after Cuba's late goal on Monday in Nashville, Tenn.

MARK HUMPHREY/THE ASSOCIATED PRESS

Quoted

"Anyone can be beat. Everyone thought the U.S. would finish first in this tournament and they're out now."

Nana Attakora, Canada captain

The goal meant El Salvador, which produced a surprising 3-3 tie against the favoured U.S. later Monday to win the

group and eliminate the Americans, will take on Honduras in one of Saturday's semifinals.

THE CANADIAN PRESS

metro

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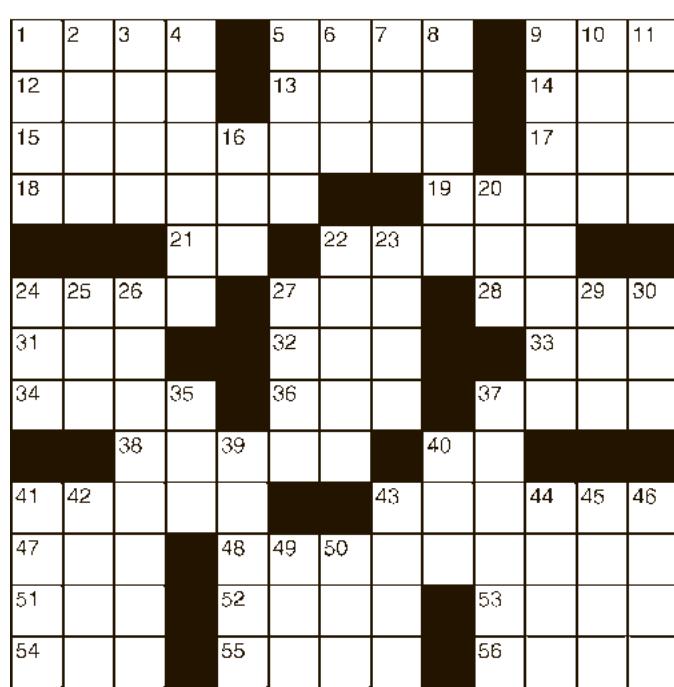
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Crossword

Across

1 Big bash
5 Virtue's opposite
9 Flop
12 Japanese sashes
13 Exotic berry
14 Compass dir.
15 With-drawing from office
17 "Cool" amount of cash
18 Ranking
19 Part of Hispaniola
21 Morning hour on a sundial
22 "Psycho" setting
24 Hospital furnishings
27 Space
28 Organization
31 Anger
32 Sailor's assent
33 "I" strain?
34 Tournament component
36 Leno's network
37 Wan
38 Reflec-tion
40 Pacino or Yankovic
41 Tangy cuisine
43 Ape
47 Yoko of music
48 "Ghost" co-star
51 To the — degree
52 Author Hunter
53 Pronto, in the ER
54 Family
55 Look for
56 Highland hats



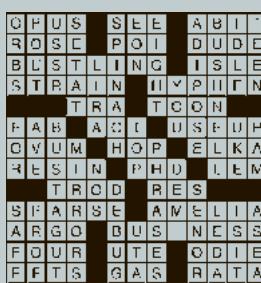
Down

1 Pantheon figures
2 Help in a crime
3 Peru's capital
4 Unchanged
5 Cisterns
6 Here (Fr.)
7 Has the skill set
8 Square dance group
9 Cecil B. and Agnes
10 One
11 Sandwich shop
16 Formal wear
20 NRC predecessor
22 Perhaps
23 Oil cartel
24 Humongous
25 Geological time
26 Wicker-covered bottle
27 Group of hoods
29 "Yecch!"
30 Lad



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Yesterday's answer



Horoscope

Aries | March 21 - April 20. Someone you meet will tell you something that may not mean much to you now, but it could be used to your benefit later on.

Taurus | April 21 - May 21. You will talk your way out of trouble today but how did you get into this position in the first place?

Gemini | May 22 - June 20. You need to convince someone that you know what you are talking about and that you are serious about your aims.

Cancer | June 21 - July 22. You will have to do something you don't want to do, simply because someone else has the power to make you. Do it with a smile.

Leo | July 23 - Aug. 22. With the Sun, your ruler, at odds with Pluto today, chances are you will have to do a lot of explaining.

Virgo | Aug. 23 - Sept. 22. People who have an inflated sense of their own importance are often easy to influence and you can use that fact to your advantage today.

Libra | Sept. 23 - Oct. 22. It appears that someone has a grudge against you and you don't have the faintest idea why. The only way to find out is to ask.

Scorpio | Oct. 23 - Nov. 21. Someone in authority will give you a hard time today and you may be tempted to hit back at him or her in some way. Don't!

Sagittarius | Nov. 22 - Dec. 21. Someone is jealous of the attention you have been getting and would like nothing better than to see you take a fall.

Capricorn | Dec. 22 - Jan. 20. You don't have to exert yourself to any great extent today. You just have to persuade others to do things for you. Easy.

Aquarius | Jan. 21 - Feb. 18. Don't give someone the impression that you agree with what they say when, secretly, you disagree.

Pisces | Feb. 19 - March 20. The whole idea of life is to try new things and that, inevitably, means making mistakes. Go out and make some more. **SALLY BROMPTON**

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Sudoku



How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer



Today



Friday



Know what the weather will be 14 days from now. Check the 14 day trend.

TWN incorporates MSC data

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Caption Contest

"Ah, I think they're a size six and a half."
Tony

LIONEL CIRONNEAU/THE ASSOCIATED PRESS

NEED COOL DESIGN TIPS?
Read metrohome every Thursday.



Send a kiss

a who. I always thought love was about who can make you smile, who can make you laugh when you don't want to laugh, who can make you cry and who can make you do things for them you may not want to do at the moment. guessing i was wrong? jenny

Campbell Soup. You must be used to me crying, you know my heart can't take no more i won't keep running back to you. thinking about my strength to finally get up and leave seems like i finally got my head on straight. can't wait to wake up everyday without you on my brain.. oh well proud to say i will never make that same mistake!! No Name Soup

Fall-apart-ers. Here's to all the fall-a-parters, jesus loves you! Blessings for everyone! Never too late?

All lies. Why didn't i listen to my heart when he had me guessing from the start, more and more i wonder why do i still want her after all the love i gave her but it wasn't mutual so whatever then. And everytime the phone rings i wish it was your call, but that won't happen. From gullible

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TODAY



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